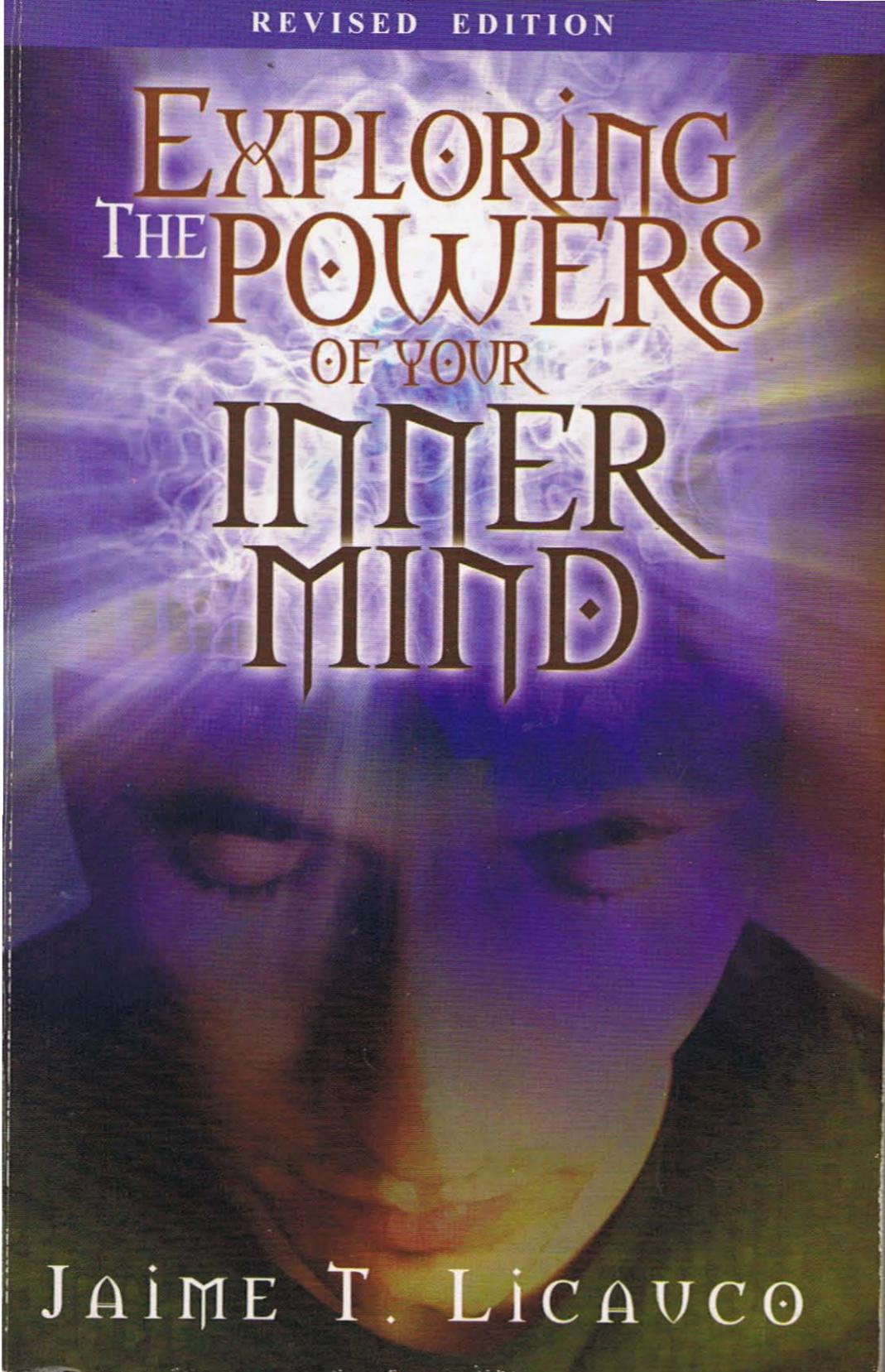


REVISED EDITION



EXPLORING
THE POWERS
OF YOUR
INNER
MIND

JAIME T. LICAUCCO

EXPLORING THE POWERS
OF YOUR
MIND

**EXPLORING THE POWERS
OF YOUR INNER MIND**

(Revised Edition)

JAIME T. LIGUERO

Preface to the Revised Edition

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(Revised Edition)

JAIME T. LICAUCO

Anvil
Manila

Exploring the Powers of Your Inner Mind
(Revised Edition)
by Jaime T. Licauco

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Preface to the Revised Edition

The first edition of this book was published by the Inner Mind Development Institute in 1992 and underwent twelve printings over a period of ten years. Both students and professionals liked it and recommended it to friends and relatives. It is one of the most saleable books I've written. It continues to be saleable up to this time. One reason for its popularity is its practical contents written in an easy-to-understand language.

This revised and updated edition contains only 50 percent of the contents of the first edition. The other half is comprised of completely new material based on recent research. I have made the book more cohesive in terms of subject matter or theme, and thus much more useful, relevant and compact.

I have, for instance, expanded the chapter on visualization and added new material about using imagery to heal ourselves.

Business executives, entrepreneurs and other decision makers will be pleased to find useful topics on intuitive problem-solving and whole-brain management, including proof of the strong connection between ESP and profitability.

There are also many new materials and topics added to chapter 7 (Unique Mind Power Applications) and chapter 8 (Common Questions About Inner Mind Power).

Although this revised edition is practically a new book, I have decided to retain the Introduction written by Dr. Lucrecia R. Kasilag, National Artist for Music, because I find her comments still relevant even after ten years.

This book is meant to be a practical handbook on how to use both sides of our brain more effectively. I hope it has achieved that objective to some degree.

JAIME T. LICAUCO
2005

Preface to the First Edition

My Inner Mind column first appeared in 1982 in *The Times Journal* (now known as the *Philippine Journal*) and ran until 1986. Selected pieces appeared as portions of the book *The Psychic World and You*, which was published by Goodwill Bookstore in 1982.

The columns from 1984 to 1986 formed the contents of the book published by the Solar Publishing Company under the title *Beyond Ordinary Reality (Exploring the Powers of the Inner Mind)* in 1986. When the book was all sold out in mid-1991, the publisher decided not to reprint the book anymore because of some shift in priorities and gave the right to republish it back to the author.

By the time that book came out, the Inner Mind column had already developed a strong following nationwide. This could be gauged from the fact that many letters coming from various parts of the country were continuously written to it.

In 1987, while I was still employed in a large and well-known corporation, the Inner Mind column again appeared in print, this time in the *Philippine Daily Inquirer*, upon the invitation of its publisher and cofounder, Ms. Eugenia Apostol. It continues to be published every week. Its following has grown tremendously. I could hardly keep up with all the letters pouring in from all over the archipelago.

I also noticed that my readership covered a large cross-section of the population, from young students to professionals, academicians, the clergy, and even government officials. The reactions of young people were particularly gratifying. Many of them began to take a serious interest in the mind sciences and unusual phenomena and made these the subjects of term papers and theses. Likewise noticeable is how faculty members in various schools were very open to the idea of studying the subject in greater depth. In fact, a term paper was even written about my life and works in the field of psychic research or parapsychology.

In 1982, for the first time in Philippine academic history, the subject of Parapsychology was included as a separate subject in the Behavioral Science Department of De La Salle University. I taught the subject as an elective during the year. Over fifty students were admitted in that

class although the maximum limit was only forty. Even faculty members expressed interest in sitting in on that weekend class.

In 1989, the Asian Institute of Management invited me to teach Creative and Intuitive Management in its Master in Development Management (MDM) program. It became an instant success and I was asked to teach it again over the next two years. The Master in Business Management (MBM) and Management Development Program (MDP) followed suit. At the same time, the Inner Mind column continued to appear every Thursday in the *Inquirer* and some readers reported clipping the column and passing it on to friends and relatives.

Perhaps at this point, it would be a good idea for me to explain the meaning of the column's title. I call it "Inner Mind" because I want the column to deal with the vast potentials of the human mind which are mostly hidden from our normal awareness. These powers belong to the inner mind, not the outer mind. The outer mind refers to the ordinary levels of awareness, to the intellect and the reasoning faculties of the mind, which are associated with the left hemisphere of the cerebral cortex. But the inner mind is something deep, mysterious and powerful. It is associated with the right hemisphere of the cerebral cortex. I wanted to show that these activities of the human mind are important for the higher development and even survival of man on planet Earth.

The inner mind is in touch with all levels of creation, with its various levels of manifestation or planes of existence. The inner mind belongs to the realm of causes, whereas the outer mind, being closely linked with the physical, is concerned with the realm of effects.

The great Kahunas ("Keepers of the Secret Knowledge") of Hawaii have for their motto the statement, "Let that which is unknown be made known." In the same manner, the objective of my Inner Mind column is to make known that which is unknown, hidden and unexplained, and to define that which is undefinable. And in so doing, we may realize one great truth, that the mind knows no limits, aside from those it accepts.

It is in response to repeated requests from readers to reproduce the columns and make them available in handy form that this book has been written. I hope it inspires more people to rethink their common assumptions about life and the nature of reality, for, as Socrates used to say, "The unexamined life is not worth living."

JAIME T. LICAUCO
1992

Foreword to the First Edition

Since my early college days, I have been greatly fascinated with the occult and the paranormal. I attended hypnotism sessions and mediumistic séances, watched popular faith healers at work, and witnessed exorcism rituals. Through the years, I acquired a lot of spiritual and esoteric books and assiduously read about yoga, meditation, mind reading, automatic writing, crystal power, magic, psychic healing, and folk medicine. However, deep immersion in a full and hectic musical career as an artist, educator, composer and administrator left me little to further pursue my underlying interest in psychic phenomena and mysticism. As I entered my seventh decade in the musical world, I decided to retire after twenty years in government service at the Cultural Center of the Philippines and returned to the academe.

With more time on my hands, I was drawn into the inner mind development courses of Jaime T. Licauco (JTL), the foremost Filipino authority on psi phenomena and the occult world. I was quite determined to improve my spiritual and mental well-being against gradual deterioration, the bane of most retirees. Since 1988, I joined Licauco's workshops and seminars on Mind Control, basic and advanced courses in ESP (Extrasensory Perception), SKR (Soulmates, Karma and Reincarnation), and The Inner Mind Development series. Along with all these mind boosters, I also enrolled in the Ancient Science and Art of Pranic Healing and Psychotherapy course, earning a coveted Certificate of Proficiency from Master Choa Kok Sui's Inner Studies Institute after maintaining a significant record of more than 300 healing cases within the past two years.

Meanwhile, Jaime T. Licauco's five best-selling books on esoteric phenomena have become my favorite library "cup of tea," to wit: *Understanding the Psychic Powers of Man* (1978), *The Truth Behind Faith Healing in the Philippines* (1981-82), *The Magicians of God* (1981-82), *The Psychic World and You* (1982), and *True Encounters with the Unknown* (1986).

Licauco's latest publication to come off the press, circa 1992, is casually titled *Exploring the Powers of Your Inner Mind* (For Health, Wealth and Happiness). A brilliant exposé and comprehensive consolidation of his vast personal explorations of the human mind, covered in twelve engaging chapters and written in his usual straightforward, logical, lucid and precise style, this book is replete with valid and authoritative quotations from extremely scientific sources and credible testimonials, with vivid examples of dramatic happenings and occurrences as practical illustrations drawn from his more than twenty years of critical observation, mentoring and counseling experience and involvement with psychic phenomena and parapsychology.

Through his current and periodic worldwide travels and many international affiliations, JTL keeps us au courant with knowledge about limitless global evolutionary developments in mind science from antiquity to the future.

All his Inner Mind column readers and "camp followers" like me will more than welcome this most recent book which validly records in print and unfolds the hidden infinite powers and deep mysteries of the human mind. Clearly defined and intelligently delineated are the techniques and procedures of meditation and visualization, the uses of imagery, mind reading, the "Third Eye," the tarot card, predictions of the future, remote viewing, telepathy, soulmate-karma-reincarnation (SKR), extrasensory perception (ESP), clairvoyance, astral projection or even astral sex (!), the use of the pendulum, telekinesis, psychometry, Asian mysticism and folk healing, psychic surgery, the spirit world and spirit guides, as well as native beliefs and practices, including the *manghuhula* and *manghihiilot*, magic and witchcraft! He briefs us lightly on the all-embracing New Age Movement or The Age of Aquarius, as he parries off existing critical controversies and religious biases and traditions. Indeed, such an extensive range includes the whole gamut of topics we have taken up in Jaime T. Licauco's Inner Mind Development courses.

Essentially, this book offers wider opportunities for us to gain a better understanding of the higher levels of human consciousness and spiritual awareness than we can ever expect simply by effectively "doing the thing" ourselves to attain inner growth and enlightenment and to realize positive ends and loftier goals. In the exultant process of self-discovery and realization of our vast hidden mind powers, we are, however,

cautioned with the serious responsibility never to use these powers for selfish or negative motives, but only for the benefit and love of humanity, lest the law of karma boomerang against us, an inevitable consequence.

With several interesting case examples of amazing successes and actual experiences reported by students in the mind development classes revealing the awesome powers of imagery, JTL convincingly exclaims with encouragement: "They did it, and so can you!" So, let us read on and enjoy exploring the potentials of our inner mind for our own good health, wealth and happiness to make life more meaningful!

Veritably, constant communing with one's inner sublime self ultimately brings forth man's innate divinity and godliness, thus exalting the spirit and enhancing humankind.

LUCRECIA R. KASILAG
National Artist for Music
1992

Acknowledgments

There are many individuals who have contributed in one way or another to the making of this book. They are too numerous to mention here by name. I wish to thank the many readers of my column Inner Awareness (formerly Inner Mind) in the *Philippine Daily Inquirer*. I first began writing for this paper in 1987. My column is in fact one of its longest-running columns and though the years it has acquired a large following both here and abroad. For this I am grateful. My readers, together with my thousands of listeners in my weekly program, "Inner Mind on Radio," over station DZMM (630khz), have stimulated my mind through their questions, some of which I have used in this book.

The first edition of this book was edited by Angie Blardony Ureta and the revised edition's manuscript was proofread by my wife, Yoly. I thank them both.

I also wish to acknowledge and thank my two secretaries, Antonette S. Sunga and Emma C. delos Angeles, for their patience in typing and retyping the manuscript until it got to its final form that you have in your hands now.

Again, I wish to thank my children Yvonne Sophia (who has been living in California for a long time now), Jolan Alexander (and his wife Eden), and Jaime Raphael, for their moral support and understanding.

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1 Science & Psi Phenomena

Reality of ESP Proved in Laboratory

Of all the psychic powers of man, telepathy is the most common and the most easily proven.

Telepathy can be defined as the ability or power to transmit or receive thoughts from another person without the use of one's senses. It is also known as "mind-to-mind" communication.

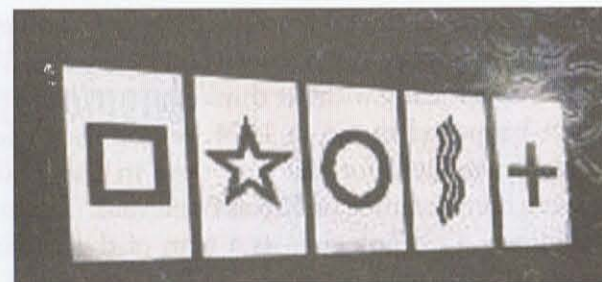
The term *telepathy* comes from the Greek words, *tele*, meaning "far," and *pathos*, meaning "feeling." Therefore telepathy, literally means "feeling from afar."

The first scientist to study telepathy and other psychic powers of man under strict laboratory conditions was Dr. J. B. Rhine of Duke University in North Carolina back in the 1930s. In fact, it was Dr. Rhine who first coined the term "extrasensory perception," now commonly referred to as ESP.

"Extrasensory perception" is an unfortunate choice of words because it implies an extra or sixth sense that some people have but others don't. In point of fact, however, everybody has ESP, only some people have more control over it than others, or have developed their abilities more.



PROFESSOR J. B. RHINE WITH HIS WIFE, LOUISA RHINE. RHINE IS AN AMERICAN PARAPSYCHOLOGIST WHO PIONEERED MODERN PSYCHICAL RESEARCH, MAINLY AT DUKE UNIVERSITY IN NORTH CAROLINA.



ZENER CARDS, NAMED AFTER THE PSYCHOLOGIST WHO SUGGESTED THE IDEA, WERE DEVISED BY J. B. RHINE FOR USE IN HIS EXPERIMENTS IN ESP (EXTRASENSORY PERCEPTION). THEY COME IN PACKS OF TWENTY-FIVE, CONSISTING OF FIVE SETS OF FIVE CARDS WITH EACH OF THE FOLLOWING SYMBOLS: A STAR, A CIRCLE, A CROSS, A SQUARE AND THREE WAVY LINES. IN TELEPATHY EXPERIMENTS THEY ARE SHUFFLED AND THEN TURNED OVER ONE BY ONE BY THE SENDER. THE PERCIPIENT, SITTING IN A POSITION FROM WHICH THE CARDS CANNOT BE SEEN, SOMETIMES EVEN IN ANOTHER ROOM, TRIES TO GUESS WHAT THE CARDS ARE AS THEY ARE TURNED OVER.

Dr. Rhine tested the telepathic powers of individuals by using Zener cards, a pack of twenty-five specially designed cards with five symbols: a star, a wave, a cross, a square and a circle. Sometimes these symbols would be transmitted by Dr. Rhine's assistants from miles away and the subjects would get the correct answers. Certain individuals were proven by him to possess extraordinary telepathic abilities that could not be explained by chance alone.

When given sedative drugs, the high guessers were less successful, but when given stimulants such as coffee, their accuracy improved.

Among the psychic powers that Dr. Rhine studied, aside from telepathy, were clairvoyance (the ability to see things without the use of one's physical sense of sight), precognition (the ability to tell what is going to happen before it happens), and psychokinesis (the ability to move or bend objects without using physical force).

In another series of experiments that lasted eight years, he showed that the human mind can influence the fall of the dice, thereby proving the reality of psychokinesis. He also found that a person's psychic abilities are greatest when he or she is interested, enthusiastic and alert, but declines when he or she is tired or bored.

Even ordinary persons can pick up the thoughts of others without their realizing it. This happens especially when we are asked a question and we answer automatically without thinking.

This in fact happened to me in 1974, during the time the Miss Universe pageant was held for the first time in the Philippines. I accidentally met a friend of mine on Roxas Boulevard. This well known doctor of medicine—a cardiologist—is a man of the world who was then very active in high-society circles. He had apparently dated one of the Miss Universe contestants the previous evening.

He asked me, "Jimmy, guess who my date was last night?"

Without thinking about it, I just blurted out, "Miss Japan!"

Now there were perhaps close to seventy contestants in that pageant. How was I able to single out Miss Japan from among them? Also, I knew this man loved to date caucasian beauties, so it was unlikely he would be with an Asian woman. Yet, I was correct, to his great surprise! And mine!

How can one develop one's latent mental capacities or ESP? There are many ways but the simplest are usually the most effective.

First, be aware that there are such things as higher states of consciousness and that it is possible to reach such states.

Practice meditation for about 30 minutes a day. Be in a state of awareness while being completely relaxed physically. There is no need for a mantra or for a special symbol to focus on. Just concentrate on your breathing. That's all! If your mind wanders, go back mentally to your breathing.

Practice your intuition whenever you can. Guess who is on the phone before you answer it. Think of the headline or topic of the next morning's paper. If you are a student, anticipate your teacher's questions in a quiz or examination. Try to see the situation or condition of a place you are going to before reaching it. Guess the color of your friend's dress before seeing her, etc.

The problem with critics of psychic phenomena or those who say that there is no proven scientific proof of the existence of psychic ability is that they never bother to look at the massive volumes of evidence for ESP. Because if they do, they would certainly revise their current thinking.

Scientific Bias vs. Psi Phenomena



The intrusion or intervention of the spirit world into the world of living human beings is real. Apparitions have not only subjective but also objective reality. Paranormal phenomena happen quite often, even if one does not believe in them. ESP is a natural capacity of the human mind and is not alien to it. The amount of evidence for the existence of paranormal phenomena is overwhelming.

Yet such things are denied by most so-called educated and scientific-minded persons. Why?

The kindest answer we can give is that belief in psychic or paranormal phenomena may upset the modern man's concept of reality and of the way things work around him. He will have to revise some of the most fundamental tenets of science such as the law of cause and effect, the existence of objective reality which is separate from subjective reality and the general order of things. To believe that we can walk on fire without being burned would upset our views about biology, physics and chemistry. To believe that we can levitate would upset our concept of the law of gravity. To believe in telepathy would upset our idea of the separation of consciousness and ego. And to believe in ghosts would upset our notion of a visible physical life as distinct from an invisible and questionable afterlife.

And since we don't want to be upset or to rethink our worldview, we simply sweep such things under the rug and forget them.

But science need not fear that the acceptance of paranormal phenomena or parapsychology will destroy the very foundation or structure of science. The well-known biologist and researcher, Dr. Lyall Watson, in his book *Beyond Supernature*, pointed out that "physicist Henry Margenau has shown that it is impossible to identify a scientific law actually threatened by the reality of paranormal phenomena. He points out that the law of Conservation of Energy and Momentum has

already been broken by discoveries in quantum physics, which also deal with non-locality or action-at-a-distance; and that nothing in parapsychological discovery contradicts either the Second Law of Thermodynamics or the Principle of Causality. The only contradictions that seem to exist are with our culturally accepted view of reality based on such laws."

That's where the problem lies. Modern man has made a religion out of science and has given it absolute authority to decide what is real and not real, how things work and ought to work.

"And yet," says Dr. Watson, "there are some things which didn't seem to work that way at all. Our science tells us that these things are impossible and don't exist, yet they stubbornly refuse to go away. There are relatively few of them and they are often elusive and hard to control, but they are there for everyone to see. They exist. And by their very existence, no matter how tenuous this might be, they present a problem."

Then Dr. Watson cites an example of a dowser who finds water at the exact spot he said there would be, correctly identifying both the water's depth and direction of flow. He also mentions several cases of poltergeist phenomena, clairvoyant vision and precognitive knowledge of future events. When these occur, asks Dr. Watson, is there even a debate about their scientific validity? Of course not. They are simply dismissed as coincidence!

Dr. Watson states categorically that he is "personally convinced of the reality of the phenomena with which parapsychology is concerned." He adds: "I am disturbed by our continuing inability to come to terms with them.... As a biologist, I remain unimpressed by most traditional work which continues to try to demonstrate the reality of the paranormal in situations which are themselves abnormal and unlikely to release the emotional tensions which I believe are essential to the phenomena."

He was referring to the scientific experiments conducted under laboratory conditions by Dr. Rhine to prove the existence of ESP. Most of the subjects studied tended to become bored and scored lower than they would have under more normal circumstances.



DR. LYALL WATSON

"Science decides what is possible," says Dr. Watson, "by reference to its definition of reality." He continues:

Anything which fits the definition is acceptable. Anything which doesn't fit is impossible and must be rejected. And the problem is that the facts of dowsing or poltergeist phenomena stand in direct contradiction to the current definition. So the issue is reduced to a choice between rival facts. The normal versus the paranormal. And of course, the normal wins even if it does have to stand on its head to do so.

Such contortions ought to make us suspicious of the premises that made them necessary. There has to be a flaw somewhere in the argument. And there is. What is being ignored is the point that our definition of reality is a theory, not a fact. We don't know exactly how things work. All we have is a reasonably good hypothesis. And it never was a matter of choosing between rival sets of facts. The debate concerns a set of discordant facts and their relationship to a theory of how things happen. All that is at stake is the validity of a working hypothesis. And all that is necessary to reconcile the new facts with the old theory is an admission that the theory might be incomplete. There is no need for anyone to stand on their heads.

What we need is a slightly broader definition of reality. One which includes the possibility of certain things happening when humans are involved. A definition that is not so exclusive; one less inclined to dismiss certain things as impossible, and better able to deal with what actually happens in terms of probability rather than outright and unreasonable denial.

Even Great Scientists Studied the Occult

"If there is really anything to these so-called psychic forces and abilities of man," asked one skeptical friend, "how come no serious scientists ever believed in it?"

Not true at all. It may surprise many readers to know that some of the most outstanding men of science have delved into the supernatural, the psychic and the hidden laws of nature.

The problem is that this interest of these great men of science in the esoteric subjects has been kept secret by orthodox scientists and the executors of their writings. And if this is ever mentioned or revealed to the public, it is done often in an embarrassed, if not disparaging, manner.

In an article entitled "Wrong Turns" (*International Herald Tribune*, Jan. 29-30, 1983), writer William J. Broad revealed that Isaac Newton "quietly delved into alchemy, envisioned the quest for occult powers and mysterious elixirs, and engaged in secret conversations with adepts." He left at least a hundred alchemical volumes consisting of more than 650,000 words.

Frank Joseph Gall, an eighteenth century physician who made pioneering discoveries about the brain ganglia and nerve cells, also contributed treatises on phrenology which was considered then, as it is now, as plain quackery. Gall believed that mental development was reflected in the shape of a person's skull. Perhaps it is not all quackery and researchers had better start taking a second look at the claims made by the phrenologists.

Another great scientist who took a serious interest in the supernatural was Alfred Russell Wallace, codiscoverer of the theory of evolution by natural selection. According to the *Herald Tribune* article,



ISAAC NEWTON

"Wallace performed experiments to prove to himself and to skeptical colleagues that messages from the dead were caused by spirits rather than fraudulent mediums, and he eventually published papers asserting that the rapid evolution of man from ape was caused by the intervention of the spirit world."

I certainly do not see anything unreasonable in this theory, unless one looks at reality from a purely materialistic standpoint. Many historical events in the Bible were known to have taken place as a result of direct intervention from the spirit world. Why not evolution?

Rather than criticizing great scientists for believing in the occult, we should perhaps give them awards of recognition for their mental honesty, courage and integrity in the pursuit of truth. While other scientists prefer the easy way of conforming to orthodox beliefs, these men of science dared to risk the derision of their more timid colleagues in the pursuit of knowledge, wherever it may lead.

And the above-named scientists are not alone in their expressed interest in the paranormal and even the occult. The great thinkers William James and John Dewey can be included in the list.

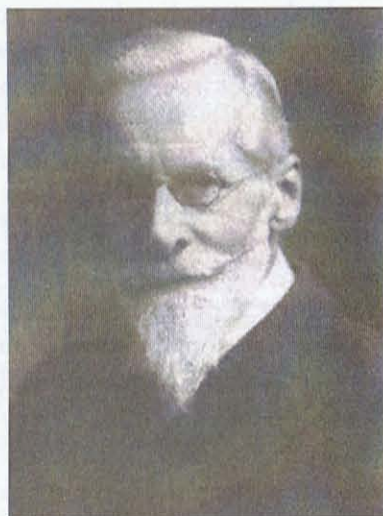
William James contributed much to the advancement of psychic research in both the United States and Great Britain. But his writings on this subject have been largely ignored and even kept away from the public, according to Felix Morrow in an article which appeared in the October 1983 issue of *Fate* magazine. The collected works of William James contained only a short chapter on psychical research and a derogatory remark by the compiler of these works named Ralph Berton Perry. "Psychical research," Perry wrote, "was only one of many examples of James' fondness for excursion to the scientific underworld."

John Dewey's writings about consciousness have also been neglected, if not ignored, according to Morrow. For instance, he found that Dewey wrote introductions to three books of Frederick Matthias Alexander who developed the Alexander Technique of body-mind coordination. Dewey's writings on Alexander, however, have not been reprinted by his literary executors.

Other well-known scientists and thinkers who investigated and wrote about the occult, ESP and the supernatural include: psychoanalyst Carl Jung, physicist Sir William Crookes, Benjamin Franklin, Aldous Huxley, Sir Arthur Conan Doyle, C. D. Broad, Dr. Alexis Carrel, Upton Sinclair and Dr. Gardner Murphy.



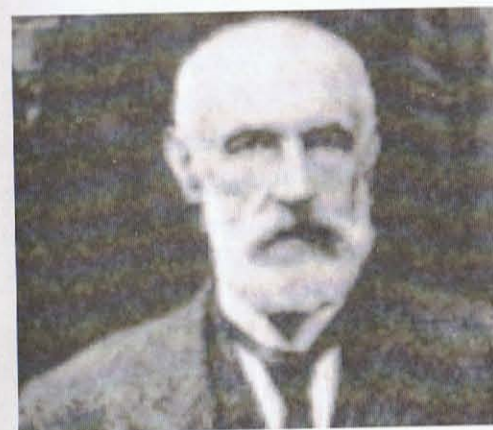
SIR ARTHUR CONAN DOYLE IN EGYPT. HIS INTEREST IN THE OCCULT TOOK THE FAMOUS CREATOR OF SHERLOCK HOLMES TO FARAWAY PLACES.



SIR WILLIAM CROOKES (1832 TO 1919) WAS THE FOREMOST AUTHORITY ON INDUSTRIAL CHEMISTRY IN HIS DAY, AND INVENTED SEVERAL PIECES OF APPARATUS FOR USE IN CHEMISTRY AND PHYSICS. HE WAS AMONG THE FIRST SCIENTISTS TO MAKE A SERIOUS STUDY OF PSYCHIC PHENOMENA, ESPECIALLY AS RELATED TO SPIRITUALISM.



CARL G. JUNG (1875 TO 1961) THE DISTINGUISHED SWISS SCIENTIST, BROKE AWAY FROM SIGMUND FREUD TO FORM HIS OWN DISTINCTIVE THEORY OF PSYCHOLOGY AND HUMAN PERSONALITY. HE LEFT A HUGE BODY OF WORK WHOSE TOPICS INCLUDED OCCULT PHENOMENA, SPIRITUALISM, EXTRASENSORY PERCEPTION, ALCHEMY, SYNCHRONICITY, DREAMS, Mandalas, THE I CHING, YOGA AND EVEN ZEN BUDDHISM. TODAY, JUNGIAN PSYCHOLOGY DOMINATES THE FIELD WHICH WAS ONCE OCCUPIED BY FREUD.



SIGMUND FREUD, THE FIRST DOCTOR TO USE PSYCHOANALYSIS IN THE TREATMENT OF MENTAL DISTRESS OR ILLNESS. HIS WORK ON DREAMS AND THEIR MEANINGS HAS HAD A DEEP INFLUENCE ON MODERN THINKING.



"IMAGINATION IS MORE IMPORTANT THAN KNOWLEDGE." ALBERT EINSTEIN

I suspect that if all the writings of Albert Einstein were published, some of them will contain references to a belief in the supernatural and the limitless reach of the human mind. After all, it was Einstein who said, "Imagination is more important than knowledge."

Is There an ESP Personality Type?

Because of the overwhelming weight of positive evidence collected under tightly controlled conditions all over the world, what is being asked today about psychic phenomena is no longer whether they are real or not, but:

What type of person exhibits ESP? Do one's beliefs regarding ESP affect one's test scores? What factors regarding the experimenter, the test target and the test situation affect ESP results?

In response to these and other similar questions, Dr. Gertrude R. Schmeidler of the Department of Psychology in the City College of New York did a series of experiments way back in 1975. Dr. Schmeidler, who was a student of Gertrude Murphy at Harvard University, is best known for having contributed to our deeper understanding of the relationship between ESP and personality traits.

Here is a summary of the findings of Dr. Schmeidler and other psychic researchers in the Western world:

** ESP ability is widespread. It exists not only among gifted individuals, but also in the average individuals tested at random.*

According to Dr. Schmeidler: "To the astonishment of many (experimenters), these unselected subjects gave good results. ESP hypotheses tested with them were often confirmed; overall ESP results were very often significantly high."



DR. GERTRUDE R. SCHMEIDLER,
FORMER PRESIDENT OF THE
PARAPSYCHOLOGICAL
ASSOCIATION (1959 - 1971)

** Persons with a positive attitude towards ESP score higher in the experiments than those with a negative attitude towards it, or are skeptical about it.*

Schmeidler describes the results using two different sets of subjects: "The first few subjects were interested and amused and scored a little better than the average one right out of five tries, which represents mere chance expectation. But then came two rapid successions who had a different attitude and different scores. One thought ESP inherently absurd. The other took it all personally. She resented any implication that her mother may have been right, instead of stupidly superstitious, in claiming to be psychic. Both of them scored markedly fewer hits than would be expected by chance."

** Extroverts and sociable individuals score higher in ESP tests than those who are introverted and withdrawn.*

When school psychologist Shields routinely administered ESP tests together with her other psychological tests, she found that children diagnosed as withdrawn had scored significantly lower than all others. The more outgoing children did much better in the ESP tests.

** In psychokinesis (PK) experiments, those who are good in visualizing do much better than those who think in the abstract.*

This is likewise manifested in my own ESP classes. Good visualizers are able to bend spoons more easily than non-visualizers.

** ESP test scores are significantly higher when the subjects are allowed a certain degree of spontaneity in doing the experiment than when their actions are rigidly controlled.*

Reports Schmeidler, "Scherer constructed a marble machine where marbles of five colors were thoroughly mixed in a container and come out one at a time. The ESP task was to guess the color of the next marble. He set it up in a common room, told lab members and visitors about it, then invited them to try it only when they had a strong hunch, and not more than twice a day. Scores were spectacularly better than chance expectation. But when he set subjects to work at the same machine and required them to make many calls in a session, scores

were significantly lower. He concluded that unforced, freely spontaneous impressions produced better results than those obtained under forced, dutiful compliance."

Similar experiments conducted by other researchers have confirmed the essential validity of the conclusions reached by Dr. Schmeidler. Our own Philippine experience in my ESP classes likewise confirms the above findings.

Quantum Physics and Paranormal Phenomena



"Those who are not shocked when they first come across quantum theory cannot possibly have understood it." —Niels Bohr

The currently accepted mechanistic assumptions, norms and principles of the physical sciences that consider the universe as purely objective, material and rational, have long been in need of some drastic revisions. But old habits of thinking die hard. It is difficult for modern man to see the world in ways other than what he is used to.

We can summarize the fundamental assumptions of classical science, specifically Newtonian physics, as follows:

1. Strong objectivity: There is an objective world out there which is independent of us. To understand this world we have to separate ourselves, the observer, from the object observed.
2. Causal determinism: This world is fundamentally deterministic, meaning, if we know what forces are acting on an object we will know its exact position and velocity at any given time.
3. Locality: All interactions between material objects happen in specific positions or localities independent of each other.
4. Materialism: Nothing exists in the universe except matter which follows physical laws.
5. Epiphenomenalism: Everything can be reduced to matter. Even consciousness and mental processes are merely as an epiphenomenon or derivatives of the material brain. In other words, matter creates consciousness.

The classic view of Newtonian physics that we live in an orderly, systematic and predictable universe that follows deterministic laws had mesmerized the entire Western world for hundreds of years. Until quantum physics came along and proved all these generally accepted assumptions of classical science do not apply to the smallest particles of matter. And the scientific world has never been the same again.

"The real problem," according to Gary Zukav, author of *The Dancing Wu Li Masters: An Overview of the New Physics*, "is that we are used to



GARY ZUKAV

looking at the world simply. We are accustomed to believing that something is there or it is not there. Whether we look at it or not, it is either there or it is not there. Our experience tells us that the physical world is solid, real and independent of us. Quantum mechanics says, simply, that this is not so."

To help us ordinary laymen understand better what these revolutionary scientists are talking about, let's begin with some basic definitions.

Classical physics refers primarily to Newtonian physics with all its neat laws of the universe like the laws of motion, gravity, etc.

The new physics refers mainly to quantum mechanics. It began with the hypothesis of Max Planck in the beginning of this century that the ultimate stuff of matter is not continuous but is made up of discrete quanta or amounts. Mechanics is the study of motion, therefore quantum mechanics is the study of the motion of quantities.

The new physics enables scientists to explain various phenomena that are completely inexplicable in terms of the old Newtonian physics. Quantum physicists have discovered to their initial astonishment and disbelief that Newtonian physics simply does not apply in the quantum level, in the realm of the smallest or subatomic particles of matter.

The old scientific paradigm has collapsed. The universe according to the new physics is not what we have always assumed it to be. Classical science says there is an objective reality apart from us. Quantum physics says this is not true. You cannot observe anything without changing or affecting it.

Classical science says that the world is deterministic and mechanistic, we can know everything about object with certainty. The

new physics says no. In the quantum level, we can never determine or predict accurately both an object's velocity and its position simultaneously. This is the famous Heisenberg Principle of Uncertainty.

Classical science says that all interactions between material objects are mediated via local waves spread over vast distances and then instantly collapse when we take measurements. Therefore locality is ruled out because the influence of our measurement is not traveling locally.

Classical science says that everything is made up of matter. Quantum physics says, on the other hand, that the ultimate stuff of the universe is mind-stuff.

Classical science says that consciousness is a creation of matter. Quantum physics disagrees and points out that it could be the other way around, that is, consciousness creates the universe.

Gary Zukav in the above-cited book says it more persuasively:

The new physics tells us clearly that it is not possible to observe reality without changing it. If we observe a certain particle collision experiment, not only do we have no way of proving that the result would have been the same if we had not been watching it, all that we know indicates that it would not have been the same, because the result that we got was affected by the fact that we were looking for it.

Some experiments show that light is wave-like. Other experiments show equally well that light is particle-like.

According to quantum mechanics there is no such thing as objectivity. We cannot eliminate ourselves from the picture....

The conceptual framework of quantum mechanics, supported by massive volumes of experimental data, forces contemporary physicists to express themselves in a measure that sounds, even to the uninitiated, like the language of mystics.

Indeed, one neuro-scientist, Dr. Lawrence Le Shan, even wrote a whole book on these similarities, entitled *The Medium, the Physicist and the Mystic*. Other books on the topic are Michael Talbot's *Mysticism and the New Physics* and Fritjof Capra's *The Tao of Physics*.

The discoveries of the quantum physicist regarding the properties of the sub-atomic particles enable us to explain in very scientific terms such formerly inexplicable things as psychic and paranormal phenomena. Let me show you how.

The theories of quantum physics are summarized in the book of Amit Goswami, Ph.D., entitled *The Self-Aware Universe*, as follows:

The wave property theory of quantum physics says that "a quantum object (for example, an electron) can be at more than one place at the same time." This somehow explains how the phenomenon of bilocation (i.e., a person appearing in two places at the same time) can take place.

The collapse of the wave theory states that "a quantum object cannot be said to manifest in ordinary space-time reality until we observe it as a particle." This explains to me how materialization is possible. Once we visualize or mentally observe an object, it can manifest physically.

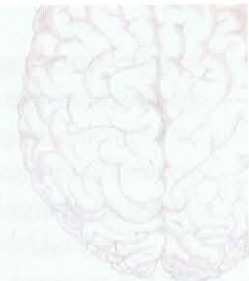
The quantum jump theory says that if a "quantum object ceases to exist here and simultaneously appears in existence over there, we cannot say it went through the intervening space." This explains to me how teleportation takes place, wherein a person or an object can disappear in one place and simultaneously appear in another.

The theory of quantum-action-at-a-distance states that "a manifestation of one quantum object, caused by our observation, simultaneously influences its correlated twin object—no matter how far apart they are." This explains to me telekinesis or the power to affect an object without using physical force.

I have always suspected that there is something essentially wrong or at least incomplete in the way traditional science has tried to explain the universe to us. It leaves unexplained so many phenomena that actually happen but which are often dismissed as nonsense or at least mere products of imagination just because there is no scientific theory that could explain them. With the advent of the new physics we have at last the beginning of a new, more comprehensive way of understanding this wonderful universe.

Quantum physics is proving what the Buddhist mystics of old have been saying all along, namely, that "everything in the universe is maya (illusion)."

Hungarian Scientists Probe Filipino Healers

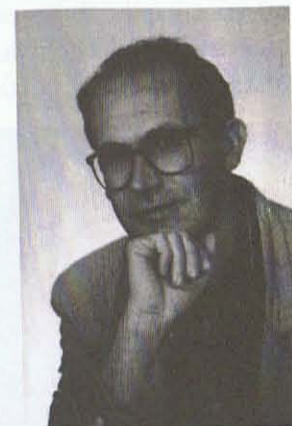


What is psychic energy? Is it electricity? Magnetism? Heat? Or is it something else entirely?

For centuries, scientists and researchers have debated the nature of psychic energy, some even denying that such an energy exists at all. While Western scientists have by and large ignored the issue, Eastern European and Russian scientists have never doubted its existence and instead have devised machines and instruments to record and analyze its effects. But they call it different names. Some refer to it as *bioenergy*, others as *bioplasma* and still others as *psychotronic* energy. Whatever the name is, the energy is somehow affected by the mind and the condition of the physical body of man.

A group of Hungarian scientists and researchers belonging to the Hungarian Society for Psi Research visited me in January 1992. They asked me to help put them in touch with reliable Philippine faith healers, whom they wanted to test with their new psi instruments. The group was composed of their president Engr. George Egely, Prof. Ernest Miriszlai, M.D., Ph. D.; Ihvan Jacob, manager of Aquapol Ltd. and president the of Hungarian Psychotronics Society; and Zsolt J. Kiss, a member of Psychotronics Society who worked for a television company in Hungary.

Egely had developed a sensitive magnetic detector that measures a person's bioenergy. The instrument looks like a wheel that floats in the air inside a boxlike structure by means of magnetism. If a hand is placed near the outer box, the hand's bio-energy makes the



DR. GEORGE EGELY

wheel rotate or revolve. By testing hundreds of children, Egely discovered that a normal school child has an energy level of six (i.e., six revolutions per minute), a sick person three and a person with cancer one. Those who have undergone radiation treatment or chemotherapy have an energy level below one.

Egely said that bioenergy cannot be identified or properly described as of the moment. There's nothing like it on the physical level. It does not behave like magnetism, nor heat nor electromagnetism. Electricity destroys bioenergy meter, in fact. So he said he was still far from identifying what it is the healer's body generates and transfers to another during psychic or faith healing.

He said there were healers he tested in Hungary with an energy level as high as twenty revolutions. And he wanted to learn what the energy levels of the Philippine healers were, because although the Hungarian healers were quite powerful, none of them could perform psychic surgery the way Filipino healers can.

Besides the bioenergy meter, Egely has also developed an instrument that measures the extent of the human aura, and another device that measures how much energy a person gives out and receives.

When I asked about his motives for developing these instruments, he said: "The only way you can prove to the skeptical rational scientist the existence of such an energy is if you can show its effects objectively through a scientific instrument." And when some people started questioning the ability of his magnetic detector to determine a person's bioenergy level, Egely went to the Hungarian patent office and had the instrument tested, a standard procedure for any invention that is



JUN LABO PERFORMING PSYCHIC SURGERY ON THE BACK OF A PATIENT

submitted for registration. The officials at the patent office were fascinated that the instrument could in fact measure a mysterious energy being emitted by the human body in an objective manner.

After testing various types of Philippine healers with their sensitive bioenergy instruments, Egely and his team came up with the following conclusions:

1. There is a fundamental and objectively verifiable difference between magnetic healers and psychic surgeons. Psychic surgeons can reverse the movement of the bioenergy instruments; magnetic or pranic healers cannot.
2. The instruments could objectively identify which healers have real power. For this reason authentic healers usually welcomed their tests while the fake ones were mostly uncooperative.
3. The most powerful healer they had tested was Jun Labo of Baguio City. Even at a distance of one meter away from the healer, the bioenergy meter registered almost the maximum energy level. When Labo did psychic surgery, the energy indicator went beyond the maximum limit. There was a surge of energy at the precise time Labo made an incision. This proves there really is something going on during psychic surgery, something that is measurable.

Another sensitive instrument devised by Dr. Egely, the magnetic meter, always stayed near the maximum level in Jun Labo's clinic. Also, while there the team's camera would suddenly cease to function, but would work perfectly when Labo was being filmed. This phenomenon was similar to what Dr. Egely had observed during the psychokinetic demonstrations of Uri Geller. There were always electric and magnetic disturbances that accompanied his psychic demonstrations.



EGELY'S WHEEL

The findings of Dr. Egely and his colleagues have tremendous implications on the study of local healers. Through their sensitive instruments, we can now objectively distinguish the real healers from the fake ones. It is now possible to prove that psychic energy really exists and that it is not a figment of one's imagination, as ignorant critics claim it to be. In the future, it may be possible to establish a sort of accreditation for healers using objective and verified scientific criteria. And lastly, we can now identify which aspiring healers have real power, and are worthy of further training.

2 The Nature & Uses of Psychic Powers

Why Develop Your ESP?

It is widely accepted that certain aspects of human nature lie hidden from our physical senses and from scientific instruments.

Philosopher William James pointed out that man, throughout his life, generally utilizes only ten percent of his mental faculties. The statement has vast implications as far as human resources development is concerned. It suggests that there are awesome powers lying latent in every person.

Extrasensory perception or ESP is not only the most misunderstood faculty of man, it is likewise the most neglected. Everybody has this ability, but very few are aware of it. Even fewer are those who bother to develop their psychic gifts.

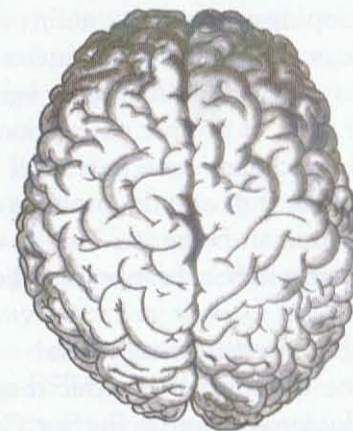
Psychic perception is a natural ability in man and not a special talent limited to a handful of gifted ones. We all have it because psychic ability is an attribute of the psyche or soul. Anybody who has a soul must necessarily have ESP.

Psychic ability is connected with higher consciousness, i.e., the consciousness that is most akin to the divine in man. It refers to a certain level of awareness and knowledge that does not pass through the intellect, the seat of reason which often becomes the stumbling block to connecting with our higher self and attaining enlightenment.

Assuming that such tremendous but hidden powers of man exist, should our training programs limit themselves to what can be measured in man or should they go a step beyond ordinary reality?

Without the realization of this higher self, all development programs are bound to be superficial and lacking in meaning. Such programs can, indeed, make man more skillful in his daily work, which is important, but without self-knowledge and without inner growth, there will be no direction and no will to go further.

One question I have often been asked is, "Why should anyone develop his ESP?" Will it help a person make more money? Can it enable one to read other people's minds, move objects or foretell the future?



PSYCHIC FUNCTIONING
IS A NATURAL ABILITY
OF THE HUMAN BRAIN

There are many practical uses for ESP. In fact they are limited only by one's imagination and prejudices. But these should not be the main reasons why an individual should develop his psychic abilities.

One outstanding psychic, a European who can read people's minds with unerring accuracy, confessed to me that he would have preferred not to possess such an ability. He had to divorce his wife because she had lied to him repeatedly about her affairs with other men—something he could see and affirm clairvoyantly.

Does this mean that the ability to read people's minds and tell the future can be a burden rather than a boon? It really depends on how the individual uses and develops his ESP.

Certain esoteric schools, in fact, discourage their followers from developing their psychic perceptions and even regard these as obstacles to the development of their higher consciousness and to the attainment of nirvana or liberation. These mystical schools tell their students to ignore their psychic powers when these manifest themselves in the course of performing spiritual exercises.

I agree completely with this view. We should regard enhanced psychic perceptions as natural results of spiritual development and not the other way around. Being a psychic is no guarantee that one is likewise highly spiritual. These are two completely different things, although ideally, the more advanced a person's psychic gifts, the more spiritual he should become.

ESP should not be pursued for its own sake, but only as a means toward spiritual development and enlightenment.

The real value of developing one's psychic ability is in the idea that often, it is through psychic or paranormal phenomena that we arrive at the truth of our inherent divinity and spirituality. Enlightenment cannot be attained without some form of psychic perception. One has to go beyond reason, beyond the ordinary conscious level of awareness, to become aware of spiritual truth and to commune with our higher self—the divine nature of every human being. As long as one's sight is set towards this loftier goal, there will be no danger of falling into a psychic trap.

So, how should we regard psychic phenomena?

When asked this same question by *Psychic* magazine, Michael Murphy, cofounder of the Esalen Institute in Big Sur, California replied: "Lanterns along the way of our evolutionary development, harbingers of our emerging self-mastery, but certainly not the end-all. I think the first thing to say is that we must not let them obsess us in a way that stifles our growth into the deeper and higher dimensions.

"These latent powers must be seen, I think, as aspects of our emerging mastery and self-expression."

Therefore, those engaged in the development of the human potential must, sooner or later, confront their basic assumptions regarding the nature of man and his ability to rise beyond his physical limitations. And when they do, they will have to look to the East, rather than to the West, for a guiding philosophy, as well as for the right technique of unlocking man's hidden powers.

The most common application of ESP, at least in the Philippines, is foretelling the future. This is why most Filipinos have the mistaken notion that all psychics can see the future. This is not always the case. There are many highly developed psychics who cannot even tell what they're going to have for breakfast the next morning. But this does not make them any less gifted.

Precognition, which is the ability to know or foretell an event before it happens, is only one of the manifold manifestations of psychic ability or ESP. Some of the more popular ones are: psychokinesis (the ability to influence matter without the use of physical force, also called "telekinesis"); telepathy (the ability to transmit or receive thoughts); clairvoyance (the ability to "see" or be aware of events happening at great distances without the use of any physical sense); psychometry (the ability to "read" details concerning a person by holding or touching

an object he owns); sensing the human aura; remote viewing (a form of clairvoyance); and psychic healing, among others.

Here are some examples of the more unique applications of ESP that I've come across:

1. **Asking a colony of ants to find a precious stone.** Rodolfo J. Pontino of La Carlota wrote to my column at the *Philippine Daily Inquirer* and related this story: "In 1985, a diamond stone fell off my wife's ring without her knowledge and could not be found no matter how hard we searched. In desperation, I tried using my ESP in willing a colony of red ants to find the stone for me. After nine days of intense communication, I recovered the diamond. The ants had carefully placed it on top of a sandpile, about an inch near the entrance of a small hole on the cement floor where I had wanted to get it. In gratitude, I crumbled one pack of chocolate biscuits for them."
2. **Communicating with animals.** An episode of the popular television series *Ripley's Believe It or Not* showed a man who could talk to various animals via telepathy. Pet owners brought their animals to him, and these pets would "tell" the psychic exactly how they feel or what's ailing them.
3. **Commanding ants to leave the house.** This story was shared with me by the American yoga teacher, Indra Devi, who now lives in Argentina and was a former disciple of Sathya Sai Baba. Indra said that one day, she saw a large colony of ants inside her living room. Instead of rushing for some insecticide, she decided to meditate very deeply and then, while in that state, to command all the ants to march out of the house. After a few minutes of sincere and deep meditation, Indra opened her eyes and saw the ants dutifully marching out of the house.
4. **Talking to plants.** The late American psychic Edgar Cayce, in one of the many books written about him, related his ability to talk with trees and plants. A skeptical friend once challenged him, so Cayce made a bet that even his friend came to him and said Cayce had won the wager. Cleve Backster, the polygraph

expert, has in fact proven through numerous experiments that plants have emotions and they respond to the thoughts and intentions of man.

As you can see from the aforementioned instances, there are innumerable creative ways ESP can be used to enrich our lives and make our existence on earth more meaningful and less isolated from the rest of God's creation.

Adam and Eve most likely had such abilities of communicating with all forms of life in the Garden of Eden before the Fall. They possessed what the church calls *preternatural powers* before they were driven out of paradise by God.

Perhaps God, in His infinite wisdom, is now restoring these preternatural powers to man in order to prepare him for the coming Age of Aquarius.

Other Benefits of Developing ESP

There are other reasons for developing one's inner faculties beyond their mere material or entertainment value. One good reason is that it helps us to understand certain strange things that happen to us or to other people which neither science nor religion can explain.

Here's an example. A Hong Kong career woman asked me if I knew anything about "sleep paralysis." I said no, because that was the first time I had ever heard of the term. When she described to me what it was, I immediately recognized it as a simple case of astral projection.

"When I go to sleep," she explained, "I panic because I sometimes am unable to move. My mind is awake but when I try to move I can't. I am completely paralyzed."

"I can see objects in the room and hear conversations even outside the room. I can see spirits or beings that scare me. I try to get out of there but I can't move. When I try to shout, no sound comes out of my mouth."

She said she consulted several doctors in Hong Kong and the United States but they couldn't find anything wrong with her. All laboratory and clinical tests came out negative. They said she was suffering from sleep paralysis.

I told her there was nothing wrong with her. She was simply going out of her body during sleep. I told her this is a very common phenomenon and she should not be afraid of it.

I explained the astral body to her and the nature of the astral world. Medical science does not know anything about the astral body. That's why doctors can't help patients who experience astral projection. In recent years, however, more and more doctors are beginning to study the phenomenon, specially after the publication in the '70s of Dr. Raymond Moody's pioneering book *Life After Life*, which revealed the results of the first systematic investigation done on the near-death experience, which is similar to astral projection or out-of-body experience (OOBE).

After I gave her some tips on how to deal with her nocturnal experiences, she was so relieved. She said, "You are the very first person who understands what is happening to me and who is able to explain it to me rationally."

I said I was very familiar with the phenomenon because I, too, go out of my body many times and even teach people how to do it at will. I told her that if only those who experience astral projection conquered their fear, everything would be all right.

Another phenomenon, which can be understood only if one has developed his psychic perception or inner awareness, is spirit hauntings and ghosts. At one wedding reception I attended, a medical doctor asked me if I believed in poltergeists, which means "noisy ghosts." I said yes, because there are many documented stories of their occurrence.

He told me his house near JUSMAG in Quezon City was full of ghosts. He said he was not afraid of them, but they disturbed him. That was why he did not like the situation. He said he heard footsteps, some knocking on doors and other eerie sounds when nobody was there. His maid told him that when he was out of the house, she could hear many strange sounds coming from his room as though there were many people there.

The doctor said he had learned to live with the situation but there was one occasion he really felt scared. "One late evening," he related to me, "I heard a noise outside my room. Then I saw the doorknob slowly turning as though somebody was trying to open my bedroom door. Thinking it was a thief, I immediately got my gun and cocked it. The gun accidentally exploded. When I opened the door, nobody was

there. I asked my maid if she heard or saw anybody enter the house, and she said nobody came in. All the doors were still locked."

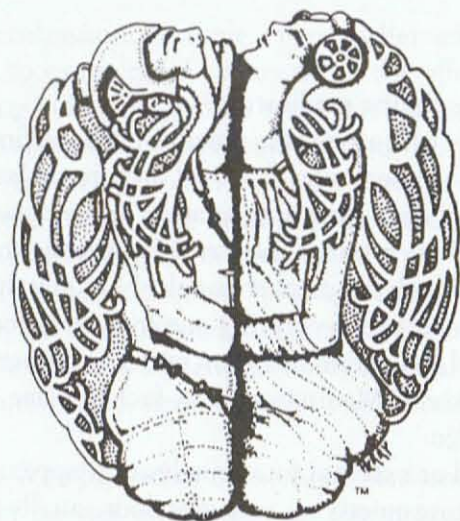
I asked him if he wanted to drive the ghosts away and he said no. He only wanted to talk to them to find out what they wanted. I told him that since the ghosts were manifesting directly to him, he can talk to them telepathically. He can address them silently and wait for the answer, which will come in the form of thoughts or mental images.

Because of this doctor's scientific and strictly rational orientation, he found it difficult to completely accept the existence of poltergeists, yet he could not deny it, either. Their presence in his house was so obvious to him that it would have been the height of mental dishonesty to pretend they did not exist at all. So he had learned to live with them but refused to be influenced by them. This is the correct attitude to take. By learning more of the spiritual world, and developing his inner awareness, this doctor can get a better understanding of what's happening in his own house and how to deal with it.

As mentioned earlier, developing ESP can enable us to grow richer, read people's mind, move objects and tell the future but these should not be our main reasons for developing our psychic abilities. Often it is through psychic or paranormal phenomena that we get a glimpse of our inherent divinity.

If we can perform certain psychic feats reserved only for the gods, then we may begin to finally accept our godlike nature which we have, in our ignorance and pride, forsaken.

The development of our ESP will help us to commune with our higher nature, our divine nature, and hopefully make this beleaguered planet of ours a better place to live in.



LEFT BRAIN

LINEAR
MECHANICAL
ANALYTICAL
LOGICAL
ROUTINE MEMORY
VERBAL

YANG (OR MALE) ENERGY

ACTIVE, DYNAMIC, DELIBERATE
ABSTRACT THINKING

RIGHT BRAIN

RECEIVING
CREATIVE
MEDITATIVE
ARTISTIC
SPATIAL
INTUITIVE

HOLISTIC OR SYNTHESIZING

YIN (OR FEMALE) ENERGY

PASSIVE, SPONTANEOUS
CONCRETE THINKING

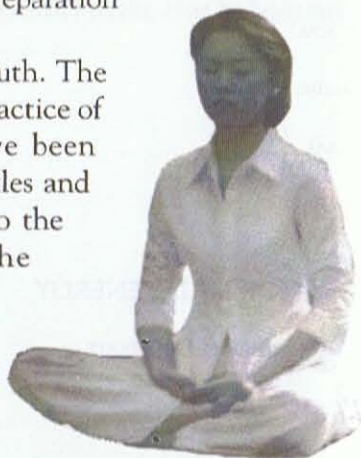
Benefits of Regular Meditation

What happens during meditation?

To most people who attempt to practice it for the first time, nothing really happens. To others who do it on a more or less regular basis, there is a feeling of deep mental relaxation and emotional calm. To a few, however, meditation brings about new knowledge and insight which are not possible through the usual channels. Not only that. Meditation, in its advanced stage, can even bring one into direct contact with the higher spirit world and communication with the higher forms of beings inhabiting that world. Meditation is in fact the *sine quae non* of all mystical knowledge.

In its outward or external form, meditation appears to be nothing more than just sitting quietly on a chair or floor, usually with eyes closed and spinal column straight, and doing absolutely nothing for about 15 to 20 minutes. (Some meditate for two hours or more a day, but I do not recommend this for the average person.) Because meditation for most people does not seem to result in anything tangible, many consider the practice an absolute waste of precious time. For them, meditation achieves nothing more than a feeling of drowsiness, in which case it is nothing more than a preparation for sleep.

Nothing can be farther from the truth. The benefits that can be derived from the practice of meditation are varied and they have been scientifically proven. We owe the Beatles and Maharishi Mahesh Yogi for bringing to the attention of the Western world the beneficial effects of meditation. Under the influence of the Maharishi, an Indian guru who teaches a form of meditation called transcendental meditation (TM), scientific studies



have been conducted which undoubtedly prove that the correct practice of meditation could boost mental health, normalize blood pressure, improve the learning process and memory, inspire people towards greater cooperation and harmony, and even reduce the crime rate in a community.

The overenthusiasm of some of its earlier advocates, however, inevitably led to exaggerated claims about the effects of meditation, thereby inviting public skepticism and even ridicule. There were, for example, claims that meditation could avert storms, restore one's sexual potency and even save a broken marriage. Perhaps it was, in fact, able to achieve these effects, but maybe there were factors other than meditation which brought them about.

What really is meditation and how does one go about it?

Meditation has been defined in so many different ways by so many different people that it is difficult to really find out exactly what it is. But each definition or description gives one an added insight into its nature.

Charles C. Wise Jr., author of the book *Meditation, Prayer, Healing and the Psychic*, defines meditation as "the process of learning and knowing... (it) is a mental discipline in which relationships are revealed. It is a process of pattern - recognition in which the mind is raised above the particulars to receive the universals which give coherence to the particulars."

On the other hand, American psychic and prophet Edgar Cayce refers to meditation as "the emptying of ourselves of all that hinders the creative force from rising along the natural channels of our physical bodies to be disseminated through the sensitive spiritual centers in our physical bodies."

"We meditate," said Laurence LeShan in his book *How to Meditate*, "to find, to recover, to come back to something of ourselves we once dimly and unknowingly what it was or where or when we lost it. We may call it access to more of our human potential, or being closer to ourselves and to reality."

How does prayer differ from meditation? According to Edgar Cayce, "In prayer, we speak to God; in meditation, God speaks to us."

Achieving Much from Doing Nothing

During normal waking hours, our brain waves are operating at fourteen cycles per second and above. This is called the beta rhythm. During meditation, the frequency goes down to about eight to thirteen cycles per second. This is called the alpha rhythm. Science has discovered that a lot of things that the brain cannot ordinarily do at beta can be done at the alpha state, which is associated with altered states of consciousness such as those associated with extrasensory perception, healing and speed learning, among others.

While in deep meditation, one's awareness is very much enhanced and studies show that the mind in that state is very active indeed, which is contrary to the popular notion that in meditation the mind is completely passive and inactive. The mind is passive and quiet only during the first stages of light meditation but at the deeper levels of the process, it is vibrant with powerful activity of a higher order which is almost imperceptible to the ordinary senses. The mind goes into another level or dimension of reality and operates and participates in that level actively.

Research also shows that meditation synchronizes or harmonizes the activities of the left and right hemispheres of the brain. The left brain is associated with logical sequential thinking, while the right brain is associated with intuitive and creative thinking. In meditation, the two parts of the brain function as one, thereby making it a more powerful, integrated instrument.

Edgar Cayce explained that during meditation, the spiritual forces affect the physical by stimulating the sensitive psychic or spiritual centers in man. On the physical plane, these centers roughly correspond to the various glands such as the gonads, adrenals, pancreas, thymus, thyroid, pineal and pituitary.

According to Cayce, "Meditation is not musing or daydreaming, but attuning our mental and physical bodies to their spiritual source."

The energy that is released during meditation can easily be felt as it rises from one psychic center or *chakra* to another, especially from the reproductive center to the pineal gland. If there is a block in any one of these centers, the meditator will feel a strange sensation, perhaps



EDGAR CAYCE

even a feeling of uneasiness and nausea. He should work more on the center to clear it up.

As the energy rises to the different centers, a definite vibration in the physical body can be felt usually as a backward, forward, side-to-side or circular motion. Sometimes, it can be felt only internally and will not have a corresponding external or bodily movement. But it does not make it any less real. Not everyone, however, will have the same experience in meditation, so it is best not to compare what you experience with others.

Cayce explained further that your ideal determines the *chakra* or psychic center that will be stimulated when you meditate. If the ideal is material or sensual, then there will be a greater tendency toward love of worldly things. If the ideal is spiritual, there will consequently be a greater tendency to spiritual development.

"Psychic forces," said Cayce, "are only an awakening of soul faculties through activities in these centers."

If one is to profit from meditation, he must practice it daily. The ideal frequency is twice a day, once in the morning upon waking, and once in the evening before retiring. For most practical purposes, 15 to 20 minutes is sufficient. And the less ritual there is, the better. One important physical condition is that the spinal column should be straight, because that is where the subtle energy or *prana* passes through.

There are as many different types of meditation techniques as there are advocates. What is best for one may be worst for another. So the most advisable thing to do is to try different methods and settle with the one that suits your being and the level of your soul development best.

For some, simply counting one's breath from one to ten, or inversely from ten to one is enough. Others need a spiritual saying such as a phrase from a holy book that serves as their ideal.

If you think meditation is easy, try keeping your mind absolutely blank for just ten seconds. Chances are, you can't do it.

It is only during meditation that one realizes how active and unbridled the mind of man is. The object of meditation is to control and manage that mind. The old saying that "He who conquers his own mind conquers the world," is not without some significance.

Banishing Stress Through Meditation

Modern living creates excitement like no other period in the history of man. But it has also produced a variety of stresses that have caused misery to countless people, especially in the high-tech urban world.

Some manage to escape stressful city living by moving to the country. One fictional character of Dostoevsky, however, chose to dig a hole in the ground and lived there for the rest of his life. When asked why he chose to live underground, he replied: "The only contribution of modern civilization to man is to increase his variety of sensations and absolutely nothing else."

Dostoevsky could have substituted the word "stresses" for "sensations" and his message would have remained unchanged.

Indications of stressful living include increasing cases of chronic headache and migraine, ulcer, hypertension, nervous breakdown, insomnia, irritability and even cancer.

To cope with stress, modern man has adopted some ancient Eastern techniques, one of the most popular of which is *meditation*. For many years, followers of this ancient Eastern practice have consistently claimed that meditation reduces tension and high blood pressure, controls drug addiction and restores one's body to a state of health and well-being. As expected, many Western scientists generally dismiss such assertions as pure "hogwash." Then little by little, more and more evidences surfaced concerning the physical and mental benefits of meditation, prompting modern-day researchers to investigate and verify these claims.

The most prominent of these pioneering investigators is Dr. Herbert Benson, an associate professor of medicine at the Harvard Medical School and director of the hypertension section of Beth Israel Hospital in Boston.

Dr. Benson sought out a method that could help patients control high blood pressure and avoid heart attacks and the hardening of arteries. Looking into the testimonies of meditation groups, he was surprised to find that their basic assumptions do have scientific validity. He called the meditative state the "relaxation response."

Dr. Benson pointed out that when the natural physiologic reaction of fight-or-flight in man is blocked, diseases are likely to occur. This condition is similar to what has been observed among athletes prior to a competitive event. But in daily life, the response is not used as it was intended, that is, for running away from or fighting with an opponent.

"Today," explained Dr. Benson, "it is often brought on by situations that require behavioral adjustments, and when not used appropriately, which is most of the time, the fight-or-flight response repeatedly elicited may ultimately lead to the dire diseases of heart attack and stroke."

He said the relaxation response which can be elicited through meditation is a natural protective device of our body which allows us to turn off harmful bodily functions and to counteract the effects of the fight-or-flight response.

The relaxation response that is triggered during meditation brings out a marked decrease in the body's oxygen consumption and rate of metabolism consistent with the restful state.

There is a big difference, however, between the physiology of sleep and of the meditative state. "During sleep," said Dr. Benson in his book *The Relaxation Response*, "oxygen consumption decreases slowly and progressively until after four or five hours, it is about eight percent lower than during wakefulness. During meditation, however, the decrease averages between 10 to 20 percent during the first three minutes of meditation. It is not possible for a person to bring about such decreases by other means."



DR. HERBERT BENSON, AUTHOR OF *THE RELAXATION RESPONSE*, RESEARCHED THE PHYSIOLOGICAL EFFECTS OF MEDITATION.

Benson also discovered that blood lactate levels fall rapidly within the first ten minutes of meditation. This, according to him, is consistent with the decreased activity of the sympathetic nervous system activated during the fight-or-flight response. Also significantly lowered are the meditator's heartbeat and respiration.

The blood pressure was likewise found to be low before, during and after meditation. This gave Dr. Benson and his research team the idea that, perhaps, people with hypertension could lower their blood pressure by practicing meditation—a theory which was eventually confirmed in subsequent studies.

Although the volunteers studied by Dr. Benson used the transcendental meditation technique, he noted that the physiologic changes which accompanied TM practice were part of an integrated response and were in no way unique to TM.

How should one meditate? Dr. Benson enumerated four basic elements necessary to elicit the "relaxation response."

First, seek out a quiet environment. Turn off not only internal stimuli but external distractions as well.

Second, choose something to dwell upon. This may be a word, sound, a symbol or a feeling. Dr. Benson suggested the repetition of the word "one" in place of a mantra, since it elicits the same physiologic reactions as the TM mantra method.

Third, adopt a passive attitude. Remove all thoughts and distractions from your mind. This, according to Dr. Benson, appears to be the most essential factor in eliciting the relaxation response.

Fourth, assume a comfortable position that will allow you to remain in the same posture for at least 20 minutes.

Considering the scientifically proven effectiveness of meditation in relieving stress, and the utter simplicity of its methodology, it is a wonder that not everybody has adopted it yet.

COMPARISON BETWEEN SLEEP AND MEDITATION

	SLEEP	MEDITATION
1. RATE OF METABOLISM	SLOW DECREASE	SHARP DECREASE
2. OXYGEN CONSUMPTION	ABOUT 8% LOWER AFTER 4 OR 5 HOURS	10% TO 20% LOWER DURING THE FIRST 3 MINUTES
3. ALPHA WAVES	NOT COMMON	INCREASE IN INTENSITY AND FREQUENCY
4. BLOOD LACTATE (a substance produced by metabolism of skeletal muscles associated with anxiety) LEVELS	SLOW DECREASE	DECREASE RAPID WITHIN FIRST 10 MINUTES
5. BLOOD PRESSURE	FLUCTUATES	LOW BEFORE, DURING AND AFTER
6. RECTAL TEMPERATURE	DECREASE CHARACTERISTIC OF HIBERNATION	REMAINS THE SAME
7. OTHER ACTIVITIES OF THE SYMPATHETIC NERVOUS SYSTEM (e.g., heartbeat and respiration)	SLOW DECREASE	SHARP DECREASE

Dr. Herbert Benson of Harvard Medical School compared the physiological effects between meditation and sleep and showed how meditation is superior to the latter in controlling stress.

Meditation and Psychic Powers

More and more people are experiencing spontaneous extra sensory or psychic perceptions which at first confuse and frighten them. Some even foresee deaths, serious accidents and natural calamities.

The reason many people nowadays are having spontaneous ESPs or out-of-body experiences is that there is a growing awareness of such things among the public. Instead of ignoring like before, people are beginning to ask why they happen. They want to know. This is a very good sign of the times.

Such experiences are becoming common because we are really all psychic. These spontaneous experiences are not unique or abnormal. They happen all the time although we are usually not aware of them. Most of the time they may involve trivial or commonplace things that we do not give importance to and often attribute to coincidence or chance. It is only when something big is seen or experienced that we pay attention.

Meditation has something to do with the development of ESP. The more we meditate the stronger our ESP becomes, because when we meditate, relax and become mentally passive, we tap or unleash the tremendous powers of our intuitive and creative right brain, which can access information about past, present and future events stored in the subconscious. We also synchronize the two hemispheres or lobes of our brain, thereby making it a more powerful instrument.

The ability to see future events before they happen is technically called precognition (literally, "to know beforehand"). But actually time as we know it exists only on the physical plane. On the astral and spiritual planes, there is only the eternal *now*. So what a psychic is seeing is the *now*, or the *present* in the astral plane which will become a reality only later on the physical level. This may be difficult to understand and accept under the laws of Newtonian physics, but is well explained by quantum physics.

When a person is depressed he is in a passive, almost meditative state. That's why he may also experience strong ESP during those moments. But one can also experience these things when happy, carefree and playful.

People who are emotionally close to each other, such as lovers, close friends, parents and children and twins are in constant psychic

rapport with each other. They are constantly communicating to each other on the psychic level. It is not surprising therefore that they can often read each other's moods, thoughts and feelings.

I have a regular seminar that develops the Third Eye, but this is a greatly misunderstood subject. The Third Eye does not lie between the eyebrows and it cannot be "opened" or stimulated by simply massaging that portion of one's anatomy. The Third Eye really lies deep in the middle of the brain where the pineal considered the seat of telepathy and clairvoyance, is located. A person with an opened Third Eye is someone who is clairvoyant. He can see or feel what others cannot, such as spirits, other people's thoughts, subtle energy and the human aura. For more information on our Institute's seminars, call (632) 810-7245 or (632) 892-68-06.

What to Expect from Meditation

Ram Dass wrote about what happens during meditation in his book *Journey of Awakening: A Meditator's Guidebook*:

There is a wide variety of experiences you will have during meditation such as feelings of a pleasant calmness, a slight exhilaration, or if you are fatigued, strong drowsiness. A common report is the feeling of the mind speeding up. Actually, this is not what is happening, but rather your awareness is standing back a bit so that for the first time you notice the normal speediness of your thoughts.

There is no "best" or "right" kind of experience in meditation; each session is as different and unique as each day of your life. If you have ideas of what should happen, you can become needlessly disappointed if your meditation doesn't conform to these expectations.

Some people find meditation boring. They feel as if nothing is happening. This is another way in which the old you holds on tight, and it is important to be able to persist even through the experiences of boredom.

On the other hand, the initial reaction to meditation may be just the opposite of boredom—ecstasy. Many people find things happening after their few meditative experiences that give them incredible enthusiasm and truly ecstatic states. This may lead them to proselytize, to want to tell others. I suggest that in the early stages you move gently and slowly. Don't overreact.

Be open to whatever experiences come in your meditation. Don't get fixed on a model of what meditation is supposed to feel like. Set aside judging, being critical, having opinions. Meditation is giving up models and labels.

The less you expect, the less you judge, the less you cling to this or that experience as significant, the further you will progress. For what you are seeking is a transformation of your being far beyond that which any specific experience can give you. It is important to expect nothing, to take every experience, including negative ones, as merely steps on the path, and to proceed.

Avoiding the ESP Trap



The tortuous and often lonely road to higher consciousness and spiritual enlightenment is replete with mental traps. The spiritual traveler must be able to recognize and handle them properly or he may be thrown to the wayside, unable to move ahead. Worse, he may get the impression that he is moving forward when, in fact, he may be sliding backwards.

One of the most common and most difficult to overcome of these obstacles is the ESP trap.

Many individuals first get attracted to the path because of the spectacular powers displayed by some people who claim to be enlightened. The beginner is usually not aware that these are merely mental traps and highly evolved beings do not display such powers even if they can do these easily. Only the more questionable characters love to exhibit such psychic powers.

When people begin to meditate regularly and perform spiritual exercises such as fasting, or eating only vegetables, attuning themselves to higher spiritual goals rather than to material pursuits, certain powers begin to manifest themselves. Some are able to read others' thoughts. Others are able to predict the future. Still others are able to heal. In certain cases, a few develop the ability to move objects or do psychometry (i.e., the ability to read the background, ownership and emotional content of objects belonging to a completely unknown person).

If pursued for their own sake and not as mere stepping stones to higher consciousness, these powers can even retard one's growth rather than advance it. This is the reason why the great masters of esoteric wisdom, the Tibetan lamas and the Zen Buddhists, teach the beginners not to pay attention to such powers. They are not allowed to develop them because to do so would be to detract from the main goal of spiritual enlightenment.

I have met individuals whose main interest is how to develop their psychic powers. And when I ask them why they would like to acquire such powers, they could not give a good reason.

A few tell me, "In order to help those in need," which is a noble objective.

But what is more important than mere acquisition of a psychic ability is knowledge of one's self and attaining spiritual enlightenment.

When I talk in this manner, many of these psychic buffs lose interest and are never heard from again. All they want is to acquire some power or ability that will impress other people or boost their own egos.

It is unfortunate that some people start out beautifully with the objective of reaching a higher goal only to slide backwards because they have developed a psychic ability they could capitalize on.

There is, of course, nothing basically wrong with psychic powers in themselves. These are God-given traits which we all have in potency. Only a few, however, have bothered to actualize them. But once manifested, their owners get trapped and could do nothing more than to display them for fun, profit, or ego trips.

Such acts are a misuse of the powers and eventually those who indulge in such things will have their day of reckoning. For no one can play around with these unseen forces with impunity.

Psychic ability is good if used merely as a means toward a greater understanding of the spiritual world and not for mere display or domination of others. It is really nothing spectacular or extraordinary except to the most ignorant. It is in fact the lowest form of development in the spiritual path. Those who are able to perform great psychic feats are not necessarily the most spiritually enlightened.

On the other hand, those who are spiritually enlightened are themselves endowed with great psychic abilities which they will never display or demonstrate unless for a very important reason and only under proper circumstances.

The Awesome Power of Affirmation



We can define an "affirmation" as a positive verbal expression or assertion of a mental conviction. It is essentially the same as an "autosuggestion." An affirmation is a verbal suggestion to ourselves that something is true. Examples are: "I am going to pass the bar exams," "I have strong leg muscles," and "The Lord is my shepherd; I shall not want."

That our mind exerts very strong power or influence on our body is well established, yet it is not given much importance by the orthodox or allopathic system of medicine. Other modalities of healing recognize the awesome power of the mind over the body.

Consider the following documented case reported by Emile Coue in the nineteenth century:

A French professor suffered a severe attack of asthma while spending the night in an unfamiliar hotel. Knowing that his only hope of receiving breath was to find a source of fresh air, he staggered out of bed and groped his way to what he supposed to be a window. He searched in vain for the window catch and, not finding it, broke the glass in desperation. After standing there a few moments and gulping the air, his asthma symptoms subsided and he was able to return to bed. He passed the rest of the night at ease. The following morning he discovered that he had broken the glass front of an old grandfather clock.

Emile Coue, who recorded the above incident, was a French pharmacist and healer who developed a powerful system of healing based on autosuggestion or mental affirmation. He studied the hypnotic practices of Dr. A. J. Liebeault of Nancy and concluded that the curing powers of hypnosis lie "not in the hypnotist but in the patient." The hypnotist's presence will not be necessary if the patient's power to cure himself could be triggered or induced.

He found such a system in autosuggestion. He instructed his patients, no matter what sickness they had, to repeat a positive phrase over and

over again and observed the results. He experimented with various phrases, but the most famous one was: "Every day in every way I am getting better and better."

It worked like magic. Patients suffering from asthma, skin disease, paralysis and even appendicitis responded positively to Coue's unconventional treatment. However, orthodox doctors considered Coue a charlatan, despite the fact that many patients were healed after visiting his clinic. So they sent spies to his clinic to find out what he was doing that was making the patients well.

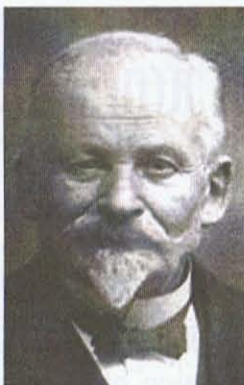
The treatment that Emile Coue developed involved not merely positive thinking, but encouraging the will to order the body to be healthy. Human beings, he found, "are capable of being cured by almost anything provided they believe it will cure them."

Take the following true story which is related in some medical books:

A man who had several malignant tumors went to his doctor. The doctor told him that there was a new powerful drug that had just come out of the market. (I forgot the name of the drug.) The doctor gave him an injection of the new drug and pretty soon his tumors disappeared. Some weeks later, the newspapers reported that the new drug which was injected into him was found to be ineffective and useless. After reading this his tumors reappeared. He went back to his doctor, who upon seeing his patient's terminal condition could do nothing but give him a placebo, which he told him was a new drug from Germany. The patient agreed to try it and his tumors again disappeared like magic.

Today medical science has definitely established the close links between the nervous system, the emotions and the immune system. How we think and feel can affect the course of an illness. Numerous examples have been recorded in which cancer cells developed after a person has had an emotional trauma, such as a loss of a loved one or a marital separation or a big quarrel with someone close to that person.

Positive mental affirmations, such as the one developed by Emile Coue in the nineteenth century, can help tremendously in the alleviation of twenty-first century illnesses.



EMILE COUE WAS THE
FRENCH PHARMACIST WHO
DISCOVERED THE POWER OF
SUGGESTION AND
AFFIRMATION IN HEALING

3 Seeing with the Third Eye

Describing a Place You've Never Seen Before

Despite my long years of exposure to the various manifestations of psychic abilities and paranormal phenomena, I still get very excited and awed every time I personally witness or experience any of them. My seminars on ESP and inner mind development have become virtual experimental laboratories for the manifestation of these latent powers or abilities of man.

In every ESP class, for instance, we provide incontrovertible proof of man's ability to transmit and receive messages through telepathy, to project his consciousness or awareness to another place he has never seen before and to describe it accurately, to get verifiable and factual information about a person he has never met before by simply holding an object that personally belongs to that person through psychometry, and to move an object and bend a spoon with his mind alone through psychokinesis.

The success rate of participants in these exercises is so high that we can even guarantee that anybody who attends the seminar will definitely be able to perform at least one of these psychic feats. Even children ages eight to thirteen have proved to be very good students, in fact even better than their parents. During one inner mind development class, for example, about seventy-five percent successfully did telepathy, thirty percent bent a spoon through psychokinesis, and about seventy-five percent correctly diagnosed an ailment and/or described the characteristics of a person they have never seen before. In a telepathy exercise one of the children drew a skull and transmitted this message mentally to his partner who mentally picked it up and drew a skull, too. The uncommonness of the object drawn made the demonstration more dramatic. In another class, this time in a corporate setting, one of the female executives drew a man hanging on a parachute. Her partner felt like falling down from the sky and saw a picture in her mind of a man

parachuting down. The picture she drew was a perfect match of the one her partner had drawn. Another executive in the same class drew a man sitting in lotus position meditating. His partner drew a temple, where one usually meditates.

Some of the most sensational and remarkable demonstrations of the limitless powers of the human mind, however, often occur in the remote viewing portion of my seminar on ESP. Remote viewing is really a form of clairvoyance. It involves describing accurately a place or scenery one has never seen before. About ninety to 100 percent of the students in every class I teach are able to perform remote viewing successfully after following the simple instructions.

Remote viewing as a special psychic discipline or ability was first performed and observed in the '70s at the Stanford Research Institute in Menlo Park, California, where investigators Russell Targ and Harold Puthoff (both of whom hold doctorate degrees in physics) conducted experiments using the psychic, Ingo Swann, and later on ordinary individuals with no known psychic abilities, as the remote viewers. They found that remote viewing is an ability that is possessed by a great majority of individuals.

In their experiments, Ingo Swann would remain relaxed inside the institute, while another person would be asked to go to a certain place some distance away from it, say about 25 or 30 miles. Then this person would choose a scenery he likes and gaze at it for about 15 to 30 minutes. Meanwhile, Ingo Swann would be asked to describe what that person is looking at. Mr. Swann achieved a very high rate of accuracy—close to ninety-five percent which could not be attributed to chance. Non-psychics produced less accurate but equally remarkable results, thereby convincing the two investigators that such an ability exists in almost every person.



RUSSELL TARG
OF STANFORD RESEARCH
INSTITUTE



INGO SWANN, WELL KNOWN PSYCHIC



DR. JB RHINE OF DUKE UNIVERSITY
WHO COINED THE WORD ESP.

In my ESP and Inner Mind Development classes, I use a modified version of the remote viewing exercise. I ask each member of the class to choose a partner whom he or she has never met before, or whose house he or she has never visited before. I then put the whole class in the alpha state of consciousness, similar to a very light trance. In this state they are still conscious of what's going on around them but they are in a very receptive or passive state of mind. I then ask the class to mentally go to their partner's house at a given count and to describe in detail what they see. I asked them to stand first in front of the house and describe the gate, then the garage. Then they are asked to go inside the house and describe the living room and the flooring, the furniture, the curtains, the walls, etc. They are to go to the dining room and kitchen and describe what's in there. Then they are asked to go to the various bedrooms and describe them. If the house has two storeys, they

are asked to describe the stairs and even count the number of steps leading to the second floor.

In one lecture I gave before the Management Development Program (MDP) of the Asian Institute of Management in Makati City, one Filipino participant tried to describe the house of his Indonesian partner by making up in his own mind a preconceived notion of what his partner's house would look like, but found he couldn't do it. The correct image kept cropping up in his mind. For instance, he thought his partner's house had a garage like his house but saw none in the image inside his head, which was correct. He also imagined the house to have a mosque-like structure because his partner was a Muslim, but instead he saw a flat surface, which was again correct. He also described his partner's wife and how she was dressed in her native costume with great accuracy of detail. He found that no matter how he tried to forcibly visualize in his mind his own preconceived notions of how his partner's

house should look like, he saw only the correct image. That experience was enough to demolish his initial skepticism towards remote viewing as a natural ability in man.

In another unforgettable case, a lady participant described in great detail her partner's parental house, which had completely burned down four years before. In its place there now stands a newly constructed house. Her partner, a Catholic nun, could not believe her ears. She knew that house very well, she said, because that was where she grew up. Her partner described the round stonesteps leading to the garden at the back, the vintage Packard car parked in the garage all the time, the life-size statue of the seated Christ the King in a flowing red robe, the round handmade tablecloth for the dining table which she herself had embroidered, and the elaborate carving of the massive headboard in the master's bedroom. Even the other minor details she mentioned were also very accurate.

The fact that the house this participant was describing no longer existed in physical reality did not seem to matter as far as her clairvoyant vision was concerned. This seems to prove what the Eastern mystics and esoteric writers have been saying all along, namely, that everything in the universe is preserved in the Akashic Record and anyone who can read this can see the past, present and even to a certain extent the future.

The first recorded experiment in remote viewing probably began not in the '70s in Menlo Park, California but in ancient Lydia in the year 560 A.D. King Croesus, the mighty king of Lydia (now Western Turkey), had a problem. He planned to invade Persia (now Iran). But before he did so, he wanted to be sure he would win the battle. So he decided to consult a seer or fortune teller. He wanted to be sure he would consult only the best, so he devised a clever test to decide which fortune teller to consult. He sent out six messengers all over his kingdom and the whole of the Mediterranean to find the best fortune teller, seer or psychic. On the seventh day, each messenger was to ask the fortune teller or psychic he had found this question: "What is King Croesus doing at this time?" (For the complete story, see "A Kingly Test for Fortune Tellers" on page 65 of this book.)

Is there any practical value to remote viewing? Russell Targ and Keith Harary pointed to its use in archaeology, for locating excavation sites, and also in oil exploration and stock market predictions. In the Philippines, it can eliminate the need for costly treasure hunts in the

search for the legendary Yamashita treasures. Remote viewing can also assist the police in tracing missing persons or victims of earthquakes, accidents, or even murder. Business executives can use remote viewing to know what's happening in various branches without leaving their head office. There would be many other useful applications of remote viewing once it is developed.

Seeing What Is to Come



The desire to know what is yet to come is inherent in human beings.

In many tribes around the world, there are shamans (medicine men) who go into a trance and foretell good harvests, pinpoint profitable hunting grounds and predict dangers to the community.

In the modern world, however, the average person regards predictions of future events lightly because most forecasts featured by the media involve trivial matters, mainly revolving around the lives of movie stars and other celebrities. These are often inaccurate, too. A study of predictions made by psychics and fortune tellers in the United States in 1988, for instance, revealed that only ten percent of the predictions were accurate. Given this percentage, we can conclude that they were no better than mere chance.

There are seers, though, whose prophecies concern major world events, like the rise and fall of mighty kingdoms and the occurrence of global conflicts and violence. Nostradamus, the fifteenth-century physician and mystic, appears to have monopolized this field. He has, with amazing accuracy, predicted important historical events including those still in the process of unfolding after almost 500 years.

In the book *The Man Who Saw Tomorrow*, Erika Cheetam chronicles how Nostradamus foretold such events as the violent death of England's King Henry VI, the defeat of Napoleon Bonaparte at Waterloo, the rise of Adolf Hitler, the big eruption of the Indonesian volcano Krakatoa and many other significant occurrences.

Critics of Nostradamus, on the other hand, point out that these events were not actually foretold by the famous mystic, but were merely interpreted by certain scholars to fit the descriptions mentioned in his major compilation of prophecies called *Centuries*. In this book, Nostradamus speaks often in vague symbols and metaphors since he feared persecution by church authorities. Many, however, believe he is accurate.

The remarkable precognitive ability of Nostradamus was indeed exceptional. But there is no doubt that some predictions made by average people, not necessarily psychics and fortune tellers, have also turned out to be precise. How is it possible to see the future when it has not yet occurred? Is it possible to develop the ability to see what is yet to come?

Joseph W. Dunne, a British aircraft designer in the early 1900s, developed a theory to explain prophecy. It was triggered by a prophetic dream he had in 1916, which came true a year later.

Dunne's theory, which he explains in *An Experiment in Time* (1927) and *The Serial Universe* (1934), was that human beings experience time on several different levels. On one of these levels, an individual can observe the past and the future as clearly as he can see the present.

Although Dunne's theory may be interesting from a philosophical point of view, some practicing psychics and seers find it more confounding than enlightening.

So the question remains: How can something which does not yet exist on the physical plane be known by anyone?

According to Joseph J. Weed in his book *Complete Guide to Oracle and Prophecy Methods*:

The knowledge of the true prophet or oracle is not acquired through the five senses but obtained in some other way. There are several of these other ways but in general we may say that the more causes that can be observed, the more accurate the prophecy will be. In brief, this knowledge is a judgment or conclusion reached from an observation of causes. These causes may be observed most easily by raising the consciousness to the second level of awareness, to the level where the causes are developed and from where they precipitate themselves into human action and physical events.

The masters of esoteric wisdom, on the other hand, speak of the existence of reality on several levels or planes—spiritual, astral, mental, etheric and physical.

Whatever happens on the physical plane has already happened on the higher vibratory levels. Since the physical realm has the densest and lowest vibrations, events get manifested in it last. This is summed up in the dictum "As above, so below."

If it is true that what happens on the earth plane must first take place on some other plane of existence, then someone with the power to tune in to that level can foretell what will happen next.

It has now been established through various methods using sensitive instruments, such as Kirlian photography, and by psychics that before an illness gets manifested physically, or prior to the detection of symptoms by medical instruments, the disease can already be seen in the etheric or energy body.

Esoteric or occult literature also says that everything that happens on earth, including our desires and emotions, is already recorded in the *akasha*, the spiritual Book of Life spoken of in the Christian Bible.

The Akashic Record can be read by a highly evolved being like Jesus Christ and Sai Baba, or great psychics like Edgar Cayce. Because of this, absolutely nothing can be kept a secret. This also offers a credible explanation of how some gifted individuals can see the future accurately.

Prediction What The

Major disasters or cataclysms are seen by many people long before these events happen. Months before Mt. Pinatubo erupted with a great force that shook the earth, a number of Filipinos saw it coming either in dreams, visions or sudden thoughts. The same is true with the sinking of the *Titanic*, or the terrorist attack on the World Trade Center in New York on September 11, 2001.

What is a prediction? How and why does it occur? What type of persons can predict the future?

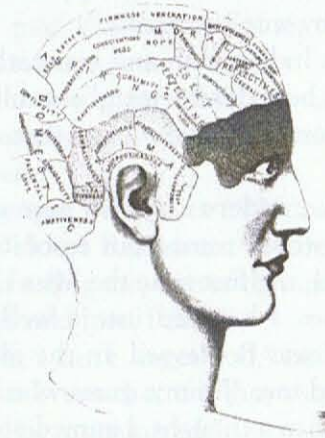
We can define *prediction* as a statement of a future event or incident. The psychic ability involved here is *precognition* which, as mentioned earlier, literally means, "to know before hand". Some parapsychologists are of the opinion that precognition is a form of clairvoyance, only what is seen is a future event rather than a present one. Still others contend that other psychic powers are involved, namely telepathy and remote viewing.

Most predictions by ordinary people happen spontaneously and without any conscious thought or effort on their part. In fact, when they deliberately try to predict a future event, they turn out to be wrong.

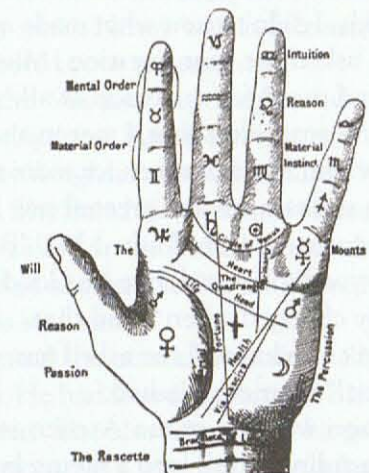
Almost everybody has seen a future event at one time or another. It does not take a highly developed psychic ability for it to happen.

I have no special psychic talent or ability but I have been able to predict accurately several future events without my thinking of them as predictions at all. Many of them I forget soon after saying them.

Only a few days ago, I was introduced to an Indian, who told me we had met before in an ABS-CBN television program called, *Teyssi ng Tahanan*, where his mother and I were guests in an episode on the topic of reincarnation.



ACCORDING TO PHRENOLOGY, EMOTIONS AND ATTITUDES ARE CONTAINED IN DIFFERENT PARTS OF THE BRAIN AS SHOWN IN THIS NINETEENTH-CENTURY ILLUSTRATION.



PALMISTRY CLAIMS THAT THE LINES ON A PERSON'S PALM TELL HIS PAST, PRESENT AND FUTURE AS WELL AS HIS CHARACTER AND PERSONALITY.

"When we were introduced," he recalled, "you told me I was married to a Filipina, which was not true. I was single at that time and was not going out with any Filipino woman. Four years later I met Lin, a Filipina, and I married her. That's why I can't forget you. I only told this to my wife last week when I heard you will be one of the speakers in this symposium, which is sponsored by my wife's company."

I vaguely recall having met this Indian man and his mother who guested with me in that TV program, but I don't remember at all having said he was married to a Filipina. I don't know why I said that, if I ever did.

This reminded me of several incidents in the past where I spontaneously blurted out remarks which turned out to be true. For example, I vividly recall that in 1974, the first time the Miss Universe pageant was held in the Philippines, I bumped into a well-known cardiologist in a restaurant along Roxas Boulevard. In the middle of our conversation, he suddenly asked me, "Jimmy, guess who was my date last night?" and without as much as a thought, I immediately said, "Miss Japan."

Shocked, he shot back, "How did you know?"

"Why?" I asked. "Who was with you last night?"

"I was with Miss Japan. But how did you know?"

Frankly, I didn't know what made me say that. What I remember is, when he asked me that question, Miss Japan entered my mind and I just blurted it out for no reason at all.

Several years after that, I met in a supermarket a former officemate of mine whom I had not seen for more than fifteen years. She smiled at me when she saw me and greeted me. But then, all of a sudden, again for no apparent reason, I asked her, "*Bakit mukha kang Viernes Santo?* (Why do you look so sad, like it's Good Friday?) Did anybody die?" Her face really changed when I said that.

"Didn't you know?" she asked me.

"What?" I curiously asked.

"My son was one of the Ateneo students who died when the bus they were riding in fell into a ravine last month."

"No, I didn't know that!"

"I thought you knew, that's why you asked."

"No, not at all, I'm so sorry to hear that."

How I saw in her smiling face the tragedy that befell her family is beyond me.

Those two incidents cannot strictly be called predictions because they pertain to past events. They belong technically to retrocognition or maybe telepathy, but nevertheless they illustrate a kind of knowing, whether past, present or future, that does not involve reasoning or external sensory data.

So let me give some examples of real predictions I made spontaneously and which I did not know were correct at the time I made them.

Sometime in 1995 or 1996, two men I did not know came out of Pancake House Restaurant in Greenbelt, Makati while I was passing by. Upon seeing me, one of them said, "Hello Jimmy! Remember me?" Frankly, I told him, I didn't.

"Well, I can't forget you," he said, "because you said one month before the event that if Ninoy Aquino came back to the Philippines, he would be assassinated."

"I said that?"

"Yes, you did."

"Frankly, I don't remember having said that. Are you sure I did?"

"There were six of us in the restaurant," he replied, "and they all heard what you said. That's why when Ninoy was in fact assassinated (on August 21, 1983), I remembered your statement."

Here's another example. In the '90s also, my daughter who lives in Los Angeles told me there was a Japanese American who was courting her. He said he was single, but my daughter was suspicious of him. She asked me what I thought of him. She faxed me a picture of the guy and as soon as I received the fax she called up and asked what I thought.

I told her, "This man is married and he has five children. Not only that. He didn't even give you his real name."

When my daughter investigated the man and confronted him, he confessed he was indeed married. He had four children and his wife was pregnant. That made five children. She also found that he gave her a false name. I did not know how accurate I was until weeks later when my daughter confirmed it to me. I couldn't believe my ears! I was only joking when I said those things about the guy.

About five years ago, I told Ramon Tan, who established the Carica Herbal Co., that Carica will be the United Laboratory of herbal products

in the Philippines. At that time, Carica only had two products. Four years later, the number of products had grown to more than seventy and still counting.

Why do predictions happen? Or put another way, "How come we can see the future? Can anybody do this?"

The answer is, yes, anybody can see the future. It does not take very great psychic ability to do this. Most of the time this happens spontaneously, as in my case. If you ask me what will happen to you in the future and I have to think about it, I won't be able to do it. My answer will always turn out wrong. But if I spontaneously say it without thinking, it will very accurate. Why?

Because spontaneous reactions are products of the subconscious mind, which is related to the right, intuitive hemisphere of the brain. When we try to think or reason out things, the left, logical and analytical portion of the brain is involved. This left side of the brain requires sensory data or facts before it can make correct conclusions.

We are all connected to all levels of creation and to everybody else through our subconscious mind, which is the repository of all knowledge, whether past, present or future. That's why spontaneous predictions, those made without thinking, are often correct. They are products of intuition, which is a higher form of knowing unhampered by the intellect or the rational left brain. And this intuition is an ability or faculty possessed by everybody.

Lesser Methods of Predicting the Future

Since ancient times, men have sought various means of foretelling the future. Many of these methods have survived up to the present. The most commonly used are tea leaf reading, card reading, crystal ball gazing, dream interpretation, astrology, palmistry, numerology, trance mediumship and direct psychic perception.

However, there are also lesser-known techniques of divination which have been used by psychics and fortune tellers in various parts of the world throughout the ages.

In their book *The Mysteries of Prediction*, Angus Hall and Francis King of England cited some of these interesting and highly specialized forms of prediction.



BECAUSE OF THE VAGUENESS OF THE SHAPES FORMED BY TEA LEAVES, A GOOD TEA LEAF READER HAS TO DEPEND A GREAT DEAL ON INTUITION, SKILL AND SENSITIVITY.

Sand Reading. This is one of the oldest methods of soothsaying used by several North American Indian tribes. They regard the practice as having magical qualities. The Navajos, in particular, use colored sand in their rites.

Sand is trickled through the fingers of the tribal medicine man, thereby making patterns on the ground. These patterns reveal how someone should act in a given situation, whether or not a sick loved one will get well, or how to solve personal problems. The pictures, which only the medicine man can interpret correctly, have to be erased by sundown. If anyone sees them, they will not only lose their magic, but evil men may learn how to interpret them and use them for evil purposes.

Interestingly, the Navajos believe the method of sand divination was taught to them by their legendary chief, Thunderbird, who came from the sky. This is very similar to certain local tribal beliefs about the origin of magical and divination practices.

Dice Throwing. Another ancient method of fortune telling involves the throwing of dice and the interpretation the resulting configuration. When people say that "the die is cast," they most likely do not know that they are referring to dice throwing as an ancient form of fortune telling. The Greeks of old are said to have invented dice to reveal the future.

To consult the dice, a person tosses them inside a chalk circle drawn on a board or table. If any of the dice roll outside the circle, they are not included in the calculation, but this foretells a quarrel. If they fall to the floor, an estrangement is likely to happen. The system is speedy and simple, although interpretations vary.

By the fourth century, however, playing dice became more of a gambling pastime than a means of divination, and this is what persists to this day.

Pyromancy. Reading images from fire is the most personal of the many forms of divination, because the formations the fire projects are so vague that they become impossible for anyone else but the seeker to interpret them.

To get the best results and the clearest pictures, it is necessary to have a lively and roaring flame. This can be produced by throwing salt or sugar on line coals.

Settled before the fire, the seeker or fortune teller starts to gaze into the flames for five minutes or so. If during this time a piece of coal should fall out of the grate and land at his feet, the next twelve months will bring good luck and happiness. The language of the flames is almost identical to that of the more popular tea leaf reading. It depends much on personal interpretation.

Mirror Gazing. Before glass mirrors were introduced in the 13th century, the ancient Greeks, Egyptians and Romans used to peer through bronze or silver mirrors to obtain a glimpse of the future. After the invention of glass mirrors, the art of mirror divination became more popular.



SOME AUGURS READ THE SIGNS BY ALLOWING BIRDS TO EAT GRAINS PLACED ON THE LETTERS OF THE GREEK ALPHABET DRAWN ON A CIRCLE. WORDS WERE FORMED FROM THE LETTERS LEFT WITHOUT GRAINS, AND THE WORDS THUS FORMED GAVE THE ANSWER THAT WAS SOUGHT.

The mirrors used for fortune telling were often ornately encased or framed. They were dipped into water to see whether the subject's reflection will show good or ill fortune.

Other Strange Methods. African shamans read fortunes from marks left by a crab crawling about in a bowl containing wet sand.

Some ancient diviners read the signs by allowing birds to eat grains placed on letters of the Greek alphabet drawn in a circle. Words were formed from the letters left without grains, and the words formed gave the answer sought.

Moroccan girls at the turn of the century had such strong belief in kites as an omen of the future that, if the kite they were flying broke, which to them meant bad luck, they went into deep depression.

Throughout the ages, in various parts of the world, people have tried foretelling the future by other unusual means, such as by the flight of arrows, by the flight of birds, by the formation of clouds, by casting lots, and by candle wax drippings.

It would certainly appear, from the great variety of methods employed around the world, that it really does not matter much which method is used. They simply serve as props or trigger mechanisms for fortune tellers or sensitives to enter a state of consciousness that enables them to see the future. The key, therefore, lies in how psychic or sensitive a person is, rather than in finding a more powerful method or technique. Some psychics can see the future without any props at all.

A Kingly Test for Fortune Tellers



If present-day fortune tellers and seers were to be put to death when they make a prediction that doesn't come true, the way prophets and soothsayers during Biblical times were, then there would be almost none left.

In ancient times, the predictive powers of prophets and soothsayers were first subjected to rigid tests before they were believed or accepted.

One such recorded test was devised by the powerful King Croesus of ancient Lydia (now part of Turkey) in the year 559 B.C. to find out which of the oracles (or soothsayers) in Greece, who were the forerunners of today's mediums, psychics and fortune tellers, he should consult on his plan to wage war against Persia.

King Croesus sent out six emissaries to six different Greek oracles with the instruction that three months thereafter, on the seventh day of the fifth month, they would to ask each oracle this same question: "What is King Croesus doing at home in Sardis at this very moment?"

Of the six oracles, only the Oracle at Delphi proved amazingly accurate.

Even before Croesus' emissary could ask the question, the priestess at the Oracle of Delphi spoke the following words while apparently in a trance:

All is known to me,
I can count the sands and I can measure the ocean.
I have ears for the silent, and know what the dumb man meaneth.
Lo! On my nose there striketh the smell of shell-covered tortoise,
Boiling now on fire with the flesh of lamb in a cauldron.
Brass is the vessel below and brass the cover above it.

The Lydian emissary was puzzled. He found the reply meaningless and he probably regarded it as nothing more than the mutterings of a madwoman more concerned about cooking than about the question of a mighty king. Nevertheless, he wrote down on his stone tablet the message given by the oracle and left in haste Sardis.

4 Visualization & Goal Attainment

4 Visualization & Goal Attainment



Visualization: The Key to Getting What You Want

Modern science, especially quantum physics, is now beginning to accept that thoughts are things—that they have an energy which can be projected by the mind to affect a material object. The mere act of observing an object, physicists have discovered, already changes that object somehow. This is essentially similar to what Zen Buddhist masters have been saying all along: We create our own reality.

If it is true that thoughts or ideas have power, then can the mind, which produces the thoughts, materialize whatever it wishes? Yes. And the key to doing this is through visualization.

Visualization is the process of forming a vivid or detailed picture in one's mind of whatever one desires. Whatever we visualize, we can realize. The reason for this rests in the following principle of esoteric science:

Physical reality is the last to manifest in the order of creation. Whatever exists in the physical world around us has already existed in the higher planes, which are the mental, astral and spiritual levels. A painting, for example, must first exist in the mind of an artist before it can be executed on canvas. Before the sun, the moon and the stars appeared in the skies, they must have existed first in the mind of God.

The reason is simple: Before anyone can have anything in physical reality, he must first have a very clear mental picture of what he wants. He has to start with a vision.

This is the problem with many of us. We want something, but we are not sure of exactly what we want. We cannot maintain a clear picture of our desires in our mind. Then we get surprised if we get exactly just that—a hazy or fuzzy result.

Some individuals say, "I cannot visualize." That's not possible, because the mind by its very nature visualizes. If we substitute the word "remember" for "visualize," then the problem vanishes for most people. Being told to "remember" the face of a parent or a favorite teacher in school sounds a lot easier than being asked to "visualize" it.

The mind has many ways of forming pictures. Sometimes, we get very clear, detailed images, often in full color. Other times, we form vague mental images and merely supply the rest of the details with words or ideas. And in some instances, we can't see anything in our minds—we merely know instinctively that the object is there and describe it through feelings or flashes of ideas.

According to Shakti Gawain, author of the best-selling book, *Creative Visualization*, there are four basic steps essential for effective visualization.

First, set your goal. Decide on something you particularly want. This can be anything—a job, a better home, an improved relationship, good health, whatever. If you're trying this for the first time, choose an easy goal.

Second, create a clear picture of what you want. It is important to imagine it as already existing the way you want it to be. Picture yourself with it. Include as many details as possible, including color and other physical attributes.

Third, focus on your vision often. Conjure up the mental picture of your goal constantly. Integrate it in your goal daily. Meditate upon it.

Fourth, give your vision positive energy. Make strong positive statements about the goal or object you want. Imbue it with affirmative feelings of desire, belief and acceptance. Imagine the exhilaration you would experience once that goal has been achieved or the object you are visualizing has been acquired. Let this be your final vision or thought for the day. . . and it will surely happen.

Visualization is one important way in which the brain can be put to good use in obtaining whatever you want in life. Be warned, though, and make sure that you really want what you visualize and that you have no unconscious reservations about it. Internal conflicts happen to most of us, which is why many of the things we pray for or visualize are not attained. We have to desire something deep in our hearts and minds to be able to actualize it.

Aside from really wanting what you visualize deep inside, you also need to put will and energy into your visualization. This means being open to accept whatever you need to do to get what you want. Otherwise, your visualization will become an exercise in futility.

Most importantly, never visualize something that can be harmful to others, or it might boomerang on you. As Adelaide Bry, author of *Visualization: Directing the Movies of Your Mind*, said: "Visualization is a powerful tool and should be used with love and care. To abuse it is to abuse yourself and the world."

Specific Steps in Visualization

Now we shall enumerate the specifics of how to visualize effectively.

1. The first step is to put yourself in a deeply relaxed, receptive state of mind. Some call this the alpha state, others the meditative state, and still others call it an altered state of consciousness. The terms are unimportant.

The alpha or meditative state of mind is not something mysterious, nor is it a particularly difficult state of mind to attain. Everybody goes into the alpha state when he or she daydreams, or when in a prayerful mood or in ecstasy. Singers, artists and dancers go into this state when they sing, paint or dance.

One simple but effective way of relaxing the mind is to go through what is known as the "progressive relaxation technique." This technique is borrowed from an ancient hatha yoga practice of relaxing every part of one's muscles beginning from the feet and going up to the head or vice versa. This is accompanied by deep and slow breathing. At the end of the exercise, you will be in the relaxed alpha state.

If you find any part of your body not fully **relaxed**, simply inhale deeply and send the air to the area, bringing, soothing, **healing**, relaxing, relaxing, nourishing oxygen to it. As you exhale, imagine blowing out right through your skin any tension, tightness, or **discomfort** in your body. By slowly and deliberately inhaling into the **tense** area and exhaling right through the skin, you will be able to replace tension in any part of your body with gentle relaxation.

2. Project what you want onto an imaginary screen or movie. See the images clearly and in detail. Concentrate on the outcome or result you want the way you want it to happen (for example, a **healthy** body, a better job, a higher salary, an ideal mate or partner in **life**), and not on the means by which you will get it. If your mind wanders, bring it back

gently to your mental pictures. These images must be very, very detailed and precise, in full color, as much as possible.

3. Become aware of how you feel when you picture your goal. You may feel a yearning, a warm or cold sensation, excitement or peacefulness. Become aware of your heart beating quickly, or of sexual arousal or a subtle movement in your legs or arms. Let your body and mind experience whatever presents itself.

If negative feelings arise (e.g., fear, anger, anxiety or irritation), it is important not to push them away. Just experience or become aware of them. Look for what is causing them. At this point, it is important to concentrate on these negative feelings and explore them or challenge them. They may indicate undercurrents that are undermining your positive visualization. They may indicate your need to deal with this aspect of your being. Then move on; do not dwell on them.

4. Experience your mental pictures, your movies of the mind, with your inner and outer senses. Listen for sounds or flashes of insight. Use your sense of touch or your feelings. If it seems appropriate, include your senses of smell and taste.

If you are unable to visualize a particular feeling, it may be a sign that a part of you is against it. Or you may be analyzing it too much and not letting things flow. As you work through your psychological defenses or barriers, either through visualization or in some other ways, like expose the negating thoughts, the pictures will emerge in your mind.

5. Tell yourself that you deserve the very best in life and especially the object or goal that you are visualizing. You must say this with firm conviction.

6. Trust and believe that you will have what you want. You must expect the result and you must act and feel as though you already have it. This last step is essential, although it may be the most difficult for some. Your positive belief and expectancy will serve to galvanize the vision and make it come true.

If you follow the above-mentioned proven procedure faithfully, and do it regularly for about 15 minutes a day, whatever you visualize will become a reality sooner than you think.



They Did It--So Can You!

Now that I have discussed the principles of visualization and how to visualize, I am going to relate some actual examples of the awesome powers of imagery. These examples are actual cases reported by some students in the mind development classes I conduct.

Lilibeth L. is a businesswoman and mother of several young children. Her problem is how to make her two grade-school children study their lessons at home. Whenever she comes home from work, it takes endless proddings from her to get the kids anywhere near their books. During the course of the seminar, which included a portion on how to visualize, Lilibeth tried the technique on her children. She visualized them studying their lessons by the time she gets home. After doing the visualization several times a day, she arrived home one evening to find her children doing their homework independently for the first time. She was surprised but happy to see them actually do that.

Gary C. is a man who is somewhat overweight. He has been trying to lose weight for months without success. After learning the visualization technique, he tried picturing himself in his ideal weight and shape. He did this three times a day. At the same time, in order to test whether the technique really worked, he also deliberately ate more food than he usually did. After one week, his weight went down by over seven pounds!

When I told this story to my next class, two participants, Mariano C. and Demetrio S., who were a bit skeptical about the method, tried the same thing Gary did. Mariano, who was on a special diet prescribed by a doctor, decided to abandon all restraint and ate all the junk food he could lay his hands on for a week. He feasted on pastries, hamburgers, sweets—the works. At the end of the week, he still lost three pounds. The same thing happened to Demetrio. He ate ice cream almost every day but he visualized its calories going down from 1,000 to twenty as he ate it. At the end of the week, he also lost three pounds. Now both of them believe in the power of visualization.

Evelyn D. is a businesswoman engaged in metal engraving. After giving birth to her second child, she developed systemic lupus erythematosus, considered an incurable illness. She was treated with steroids for almost six years, which completely upset her metabolic and other internal systems. She was abnormally bloated and suffered from dizziness, insomnia and chest pains. She was taking various medicinal drugs.

After only the first day of visualization, she was able to sleep without the aid of medication; her dizziness also left her. One week later, she lost nine pounds doing only visualization. After another week, her albumen count went down to almost normal level. Her amazed doctor reduced her steroid intake, preparatory to discontinuing it.

Three months later, she was almost normal. To top it all, her business improved so much she couldn't believe it.

These are but a few token examples of the wonders imaging can do to help us get what we want in life and to improve our health and disposition, as well as other aspects of our life and that of our loved ones. We should therefore never underestimate the power of visualization. It is the key to achieving whatever goals we may have. But of course, we should only desire something that is for the good and benefit of humanity. There is a heavy responsibility attached to the attainment of certain powers, especially psychic and esoteric ones. If used for selfish or malicious motives, the harmful effects can boomerang on us.

How Dina Bonnievie Got the Car She Wanted

In the early '80s, I met the movie actress Dina Bonnievie in mystic Mt. Banahaw in Dolores, Quezon. She related to me how she got her dream car through the power of visualization.

"I wanted so much to own a Nissan California colored white," she told me, "but I couldn't afford one." She was at that time already separated from her husband, the comedian Vic Sotto.

"So I decided to imagine I already have one," Dina continued. "I would ask my household help, Inday, to open the gates every day to let

my Nissan California in." Inday must have thought Dina was going crazy. But she complied with the instructions of her employer.

After only several weeks of doing this charade of opening the gates to let the non-existent car in, and of Dina visualizing she was driving her new Nissan California to her garage, Vic Sotto suddenly called her out of the blue. "He asked first about the children and I said they were fine. Then he said he thought the children were already getting old."

"And so?" Dina asked.

"Well, I thought they may need a new car. So I bought you one," replied Vic.

"You did?" asked the astonished Dina. "What kind of car?"

"I bought you a Nissan California," said Vic.

"Really? What color?" asked Dina excitedly.

"White," replied Vic.

Dina swore she never told Vic she wanted a new car, much less the precise brand or color; neither did her household help, Inday. So how did he know?

Dina also related to me how she got her new orange-colored telephone. At that time it took years to get a new line from PLDT.

"I placed a small table at the corner of the house where I wanted that phone to be," Dina said. "Then I cut out a picture of an orange telephone from a magazine. Every day, I would pick up that picture as if it were a real phone and I would pretend or imagine that I got a call from a friend and was talking to her. I would do this every day. After only a few weeks, I got my orange phone."

Dina, without knowing it, was actually following the essential factors in goal setting and achievement, namely, a strong desire, unshakable belief and resolute expectancy of results. She was following also the Biblical instructions on how to pray. The Bible says that when we pray to God, we should act as if what we are praying for has already been granted to us, "because your Father in heaven knows what is good for you even before you ask it."



DINA BONNEVIE

How a Lowly Employee Got His Expensive Camera

Here's another remarkable and inspiring story of how visualization can help you get what you want in life.

An ordinary employee dreamed of one day owning a Canon Roriflex 35mm camera with zoom lens, but he couldn't afford it with his meager monthly earnings. Every day after office hours, he would go to the nearby camera shop and longingly look at the camera displayed on a glass shelf. He would imagine taking pictures with that camera every day. After several days of going to the same camera shop and looking at the camera, the sales attendants and the security guard started watching his every move every time he entered the shop. But all he would do is look at that camera for a few minutes, and then leave the shop quietly. He never bothered anybody. So they left him alone.

After a few weeks of doing this, his cousin who had worked in Saudi Arabia suddenly called him. He said, "Primo, I bought a present for you from Saudi Arabia."

"What present?" he curiously asked.

"I bought you a camera," the OFW cousin said. "I hope you like it."

"What kind of camera?" he asked.

"Well, I bought you a 35mm Canon camera with zoom."

I can go on and on with numerous stories of how people got what they wanted through mind power or through the power of visualization. But be careful what you visualize or wish for, or you may just get it!



Some Questions on Visualization

A young reader, Earl Francis Samson, sent in the following questions about the proper way of visualizing and meditating:

1. Which is more effective, to visualize how to achieve a goal or the goal itself? For example, should I visualize receiving a grade of 1, or should I visualize submitting good projects?

Effective visualization focuses on the end result you want to achieve and not on how to achieve it. The reason for this is that you should not put limits on how the universe or your mind will answer you. If you focus on the means for achieving your goal, you are limiting the realization of your goals only to those means.

2. Can I visualize two or more goals in one session, or should I limit myself to only one goal?"

You may visualize up to three different goals at the same time, but it is best to limit the goal to one per session to have greater impact on your subconscious mind. Prioritize your goals and you won't have too much trouble. Also put a time frame for the attainment of each goal.

3. Is there an ideal time frame for a visualized goal to manifest?

There's no standard answer. I guess this will depend on the strength of your belief, desire and expectancy. Also on the regularity of your visualization process. After giving a goal a reasonable period of time and it does not manifest, maybe it's not for you. Or maybe there is something wrong with your procedure. Review what you have been doing and check it with the guidelines in this book.

4. I'm still learning how to meditate; is there a sign that I'm doing it right?

It is better if you can find a teacher who can guide you on the proper way to meditate. But let me tell you that there are as many different types of meditation as there are meditators. There is no single method that will work for all. Experiment with various types until you get the feeling of doing it right. How will you know? Just focus within, and watch how you react each time you meditate.

When I was still learning how to meditate, many years ago, I didn't have a teacher and I was doing it on a hit-or-miss basis. It took three months of daily practice before I experienced something quite remarkable. Have patience. You can't learn a spiritual discipline like meditation overnight.

5. When I practice meditation, I try to keep mentally still, but I feel my body rocking back and forth. Please advise.

This is normal. When we meditate, we release energy that circulates around us. This energy creates a soothing circular, to and fro, or right and left motion. There is nothing to worry about this. Just flow freely with the movement.

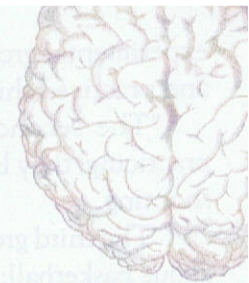
Some people also feel warm during meditation; others even sweat or perspire with each practice. This is the result of the psychic energy being generated. This too is normal.

6. Please recommend books on meditation and visualization. I have seen some books but don't know if the authors are reliable.

There are several books available in the market on these topics. The most popular ones are *How to Meditate* by Dr. Lawrence LeShan

and *Creative Visualization* by Shakti Gawain. These are relatively old books but are still very useful guides. Check your local bookstore for newer titles. See also pages 88-111 of this book for a more detailed discussion on what happens during meditation.

Visualization Improves Sports Performance



It has long been known that the human mind is a very powerful organ with limitless potential. The oft-quoted saying, "Whatever your mind can conceive, you can achieve," has almost become a cliché.

But it was only during the last two decades that modern science, with its high-tech instruments, has come up with incontrovertible proof that what we merely imagine has exactly the same effect on the body as the actual physical experience or event.

And this is the reason why imaging or visualization has been applied to almost every aspect of human endeavor, such as goal setting, sports performance, self-healing, memory improvement, problem solving and decision making.

"Not only does a visualized experience condition the human brain," says Judd Blaslotto, Ph.D., a world-class power-lifter and author of a number of books on mind control, "but it will also program the human body. This mind-body connection brought about by visualization is known as the *ideo-motor* concept. As your brain conceives of an act, it generates impulses that prompt neurons to 'perform' the movement being imagined by transmitting those impulses from the brain to the muscles. According to this concept, if you close your eyes and visualize yourself doing something, your body's actions are programmed in exactly the same manner as if you actually did them."

This was dramatically confirmed in an experiment conducted in one American university.

"At the University of Chicago," reported Dr. Blaslotto, "a study was conducted to determine the effects of visualization on the free-throw performance of basketball players.

"First, the athletes were tested to determine their free-throw proficiency. They were then randomly assigned to one of three

experimental groups. The first went to the gym every day for one hour and practiced throwing free throws.

"The second also went to the gym but instead of physically practicing, they lay down and simply visualized themselves successfully shooting.

"The third group did nothing. In fact, they were instructed to forget about basketball: 'Don't touch a basketball—don't even think about it!'

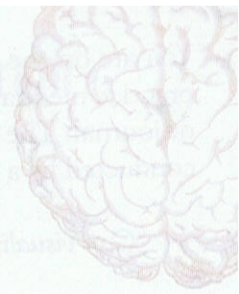
"At the end of 30 days, the three groups were again tested to determine their free-throw proficiency. The players who hadn't practiced at all showed no improvement in performance; many in that group actually exhibited a drop. Those who had physically practiced one hour each day showed a performance increase of 24 percent. Here's the clincher: the visualization group, by merely imagining themselves successfully shooting free throws, improved by 23 percent!"

Western scientific interest in using mental techniques to improve sports performance actually began about twenty-five years ago after Americans noticed that Russian and other Eastern European athletes were gaining more gold medals in the Olympic games than they did. When they sent observers to Russia to see how its athletes were being trained, they were shocked to learn that it consisted of twenty-five percent physical and 75% mental training, the exact opposite of what the Americans were doing. When they increased mental training and included other disciplines such as meditation and visualization, their athletic performance improved dramatically.

In my Inner Mind Development seminar, I teach participants how to use mental imaging for stress control, self-healing and goal setting. Many of those who have consistently applied the mental techniques they learned in the course have reported incredible results. A group of Catholic nuns, for example, reported being able to get a loan for their building which was previously rejected. And a Chinese-Filipino trader reported receiving a big order for a product which was no longer needed by the buyer for the current year but which could be used the following year.

As I always say, "The mind knows no limits, aside from those it accepts." Now, modern science is proving how true that statement is.

Can Visualization Make a Guy Fall for You?



Sharon, a student from Pasay City, wrote me to ask interesting questions about visualization and romantic relationships:

"I want to share my experience with you about visualization. It all started last summer vacation. I had always wanted to be in the top three of my class. I often dreamed of walking on the stage receiving my medal and feeling so proud.

"I did those daydreamings before I saw your book, Exploring the Powers of Your Inner Mind. I knew nothing about visualization, but when recognition day came, i.e., the giving of medals, I was really surprised to hear my name when they called the third honors.

"A week later, I went to National Book Store and saw your book. I first looked at the table of contents. When I saw 'Visualization: The Key to Getting What You Want,' I got so interested and read it. I was very surprised to learn that all the things I had done before the recognition day were exactly those things you taught in your book—like doing it every day, having a strong desire, positive thoughts, etc.

"Do you think I already have that power?"

Every normal human being (and even some abnormal ones) has psychic abilities. The word *psychic* comes from the Greek word *psyche* meaning "mind" or "soul." So anybody who has a mind or a soul is psychic. There's nothing unusual or mystical about visualization. Anybody can do it. The trouble is that not everybody bothers to find out the principles behind the practice and why it works.

"If I do, then what should I do to develop it?"

Learn more about it by reading books and articles on the subject and talking to people who have demonstrated a strong ability for it.

You are on the right track by buying my books. But then, you should practice meditation regularly and jot down your experiences in a diary or journal. The safest and best way is to attend a seminar or workshop conducted by a reliable and professional person.

"Can visualization control the feelings of another individual?"

To a limited extent yes, but since we have free will, this is not always possible, nor is it advisable. We should not try to control the will of another person.

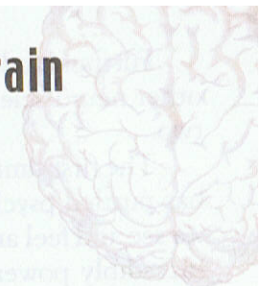
"If I have a crush on this guy and I want him to court me or love me, can this be done through visualization?"

There is a saying that, "You can bring a horse to the water, but you cannot force it to drink." The same is true with love. Some *anting-anting* believers say that there are amulets or charms that can help a person attract anybody of the opposite sex. But I'm not so sure if this really works. Maybe if it does, the person already has some unconscious affection for the other. The charm only precipitates or focuses attention to it, just like bringing the horse to the water.

"Can you teach me how to do this?"

Yes. Attend my seminars on Inner Mind Development, Basic ESP and Intuition Development and Advanced ESP and Higher Consciousness. These are held once a month. Call my office at 810-72-45 or 892-68-06 for details.

How the Hologram Is Like the Brain



The human mind is the only faculty capable of reasoning and of reflecting upon itself. It is also the only faculty capable of reaching out to other dimensions of reality beyond the merely physical.

Although we know very little about the human mind or brain and how it works, there is, however, no dearth of theories about its mechanics. The most exciting of these is the holographic theory of the brain proposed primarily by neurosurgeon Dr. Karl Pribram of Stanford University.

I met Dr. Pribram in Sao Paolo, Brazil during the 2nd International Conference on Alternative Therapies to which we were both invited as speakers. Dr. Pribram spoke on "Brain Functioning and Holonomic Transformations."

If you remember the popular science fiction film *Star Wars*, a three-dimensional image of the princess bearing a message was projected from the head of the robot. That image was a hologram.

How is a hologram formed? David Loye, in his book *The Sphinx and the Rainbow* explains it simply:

A laser beam is aimed at a photographic plate. Midway between laser and plate, there is a half-silvered mirror. The beam is activated and half the light goes on through the mirror to strike the film. The other half of the light, however, is deflected by the mirror to strike the object being holographed. This light then also continues on its way to the film. So the end result is the arrival of both light waves at the photographic surface, one bearing the basic patterns for the light source, the other bearing the configuration of the object being holographed, and in striking the film the two waves interfere with each other in a way that imprints the holographic image. When the film is developed, all one can see is a strange slithering, shimmering effect like the shifting of an oil slick on water. However, if this film is put in front of the same kind of activated laser beam, there appears out a bit from the film, hanging there mysteriously in the empty air like a ghost from another dimension, the three-dimensional, almost fully rounded image of the original object.

Further studies of the hologram and the brain by Dr. Pribram and other neuro-scientists revealed some amazing similarities between the two.

The first similarity is in the way we form images in our minds, which has puzzled psychologists for years. There was this gap between what we see and feel and the emergence of "a disembodied, substanceless but incredibly powerful thing—an image." The hologram has somehow duplicated this mysterious process.

The second similarity is in the way information is spread throughout the hologram as a whole and not in parts. One can never have half an image only. It is always the whole picture. Each brain part, in some hitherto unfathomable way, contains the whole memory, like a hologram.

The third similarity is this: If you continue to slice up the hologram, each fragment would contain the whole image—i.e., the intact whole object in smaller and smaller fragments. The only difference would be that the image would get progressively less clear, more fuzzy. This is the same with memory. The more interferences are made in our memory, the less efficient it becomes.

The fourth similarity is in the hologram's amazing storage capacity. According to Loye, "By slightly shifting the angle of the laser beam, it is possible to record many images on a single piece of receiving material. If one uses a small crystal lithiumniobate, for example, one trillion bits of information can be stored in a single cubic centimeter, or a piece about the size of a sugar cube. This would permit storing the entire *Encyclopedia Britannica* in material the size of a single page."

Fifth, the hologram, like the brain, can also recognize words or objects by association. The hologram can be used to scan a page in which a target word or image lies imbedded. When it detects a "mate," it lights up in the same way that our brains enable us to recognize words, faces and objects.

The concept of the hologram is the most exciting theory of the brain ever advanced by neuroscience because it clarifies a great deal how the brain works in a manner not possible before. As David Loye put it, "Here at last is a device that seems to demonstrate how images are formed from perceptions, how they are combined in learning, how they are stored in memory, how they are recalled so that we may recognize or assign a meaning to everything we encounter in our lives, even how these images are flung ahead of us to shape the notions of the future that guide us onward, towards goals to be sought or away from pitfalls to avoid."

5 Healing Yourself Through Visualization

Your Mind Can Keep You Well

That our mind exerts a profound influence on our health and well-being is becoming quite clear from the findings of pioneering researchers, neuroscientists and medical practitioners. But this is still not generally accepted by the medical profession. As yet, the role of the mind or consciousness has no clinical significance. Most doctors still do not consider it an effective ally in the prevention and management of disease.

This attitude is slowly changing and more and more doctors, notably Andrew Weil, Deepak Chopra, Bernie Siegel, Carl Simonton, Martin Rossman, Larry Dossey and many other pioneers of the holistic health movement are questioning the standard approaches to health maintenance and treatment.



DR. DEEPAK CHOPRA

Dr. Deepak Chopra, for example, has labeled the current biotechnical approach of medical science the "superstition of materialism." This superstition-based approach states that if we cannot see, touch, smell, taste or otherwise quantify something, then it does not exist. He said that the current materialistic point of view in medicine has created havoc in the way we treat disease. And the sad point about it, according to him, is that the current system "doesn't work in chronic illnesses."

He proposed a radically different view of the human body, one that does not regard it merely as a "machine that has somehow learned how to use a body." He proposed a holistic approach to treating illness, an approach that includes the mind and body together.

He was particularly interested in those unexplainable cases of "spontaneous remission of illness," wherein a patient who is very sick (even those regarded to be incurable) suddenly recovers, for no apparent reason at all. Now, most medical people completely ignore spontaneous remission because they are not too common, and more importantly,

because doctors and scientists do not know why they happen. But it is precisely because they do happen when all logic says they shouldn't that scientists should be interested in them. Fortunately, more and more enlightened medical researchers are taking a serious look at this phenomenon. Dr. Andrew Weil, in fact, devoted a whole book on spontaneous healing.

The Power of Quantum Healing

According to Chopra in his book *Quantum Healing*:

Research on spontaneous cures of cancer conducted in both the United States and Japan has shown that just before the cures appear, almost every patient experiences a dramatic shift in awareness. He knows that he will be healed, and he feels that the force responsible is inside himself but is not limited to him—it extends beyond his personal boundaries, throughout all of nature. Suddenly he feels, I am not limited to my body. All that exists around me is part of myself. At that moment, such patients apparently jump to a new level of consciousness that prohibits the existence of cancer. Then the cancer cells either disappear, literally overnight in some cases, or at the very least stabilize without damaging the body any further.



JAIME T. LICAUCO WITH DR. DEEPAK CHOPRA

And this is what quantum healing is all about. "This leap in consciousness seems to be the key.... The word that comes to mind when a scientist thinks of such sudden changes is *quantum*. The word denotes a discrete jump from one level of functioning to a higher level—the quantum jump."

Quantum is a technical term used by physicists to refer to the smallest and indivisible unit in which waves may be emitted or absorbed. That is the definition given by the eminent British physicist Stephen Hawking. The quantum is the smallest building block of matter beyond which you can go no further.

"Both definitions—the discrete jump to a higher level and the irreducible level of a force—appear to apply to certain cases of spontaneous remission of illness. Thus, the term *quantum healing* to describe such cases. Although the term is new, the process itself is not," explains Chopra. "There have always been patients who do not follow the normal course of healing. A tiny minority, for example, do not waste away from cancer; others have tumors that grow much more slowly than what the statistics for their diseases predict. Many cures that share mysterious origins—faith healing, spontaneous remissions, and the effective use of placebos, or 'dummy drugs'—also point toward a quantum. Why? Because in all these instances, the faculty of inner awareness seems to have promoted a drastic jump—quantum leap—in the healing mechanism."

Consciousness or inner awareness is a force that most of us undervalue. Generally, we do not use our inner strength or realize its real power, even in the most difficult moment of crisis. And this is indeed unfortunate.

Quantum healing moves away from external, high-technology methods toward the deepest core of the mind-body system. This core is where healing takes place. You must get past all the grosser levels of the body—cells, tissues, organs, and systems—and arrive at the junction point between mind and matter, the point where consciousness actually starts to have an effect.

The Failure of Scientific Materialism in Curing Illness

An interesting experiment was conducted at the Harvard Medical School over twenty years ago in which two groups of kittens were raised under very different environmental conditions. The first group was placed in a room where there were no other visual stimuli but horizontal

lines. The other group was placed in an environment where the kittens could see only vertical lines. When these kittens grew up to be wise old cats, the first group raised in a horizontal world could not see vertical lines and the second group raised in a vertical world could not see horizontal lines.

Chopra pointed out that this was a very important experiment because it showed that how we perceive reality is really based on our own subjective experience. Perception had nothing to do with the belief system of the cats but with the neural connections in their brains. Those raised in a horizontal world did not have the interneural connections to perceive a vertical world and vice versa. "In other words," says Chopra, "the initial sensory experience of these kittens and how they interpreted that experience literally shaped the anatomy of their nervous system in such a way that they could see only what they had experienced in the first place."

Scientists have a fancy name for this. They call it "premature cognitive commitment." It implies that whatever way people agree to interpret reality becomes the norm. But what people agree with is not necessarily reality itself but only the map of a particular reality, which is a very small part of reality. Chopra explains:

For example, most people in this room will take in only one billionth of the stimuli present at this moment, unless you have trained yourself to perceive other perceptual realities, and there are techniques for doing that based on ancient traditions. If one does not have a concept or idea that something out there exists, then it gets edited out. It doesn't even get into the nervous system. And that's how our perceptual apparatus is formed. It is the result of our own interpretation of our sensory experiences.

And these interpretations are made by all species according to their experience. The eyes of the honey bee, for example, are not sensitive to the waves of light that our eyes are sensitive to. So when a bee looks at a flower, it sees only the ultraviolet rays of the flower at a distance. A snake will experience the same flower as infrared radiation. A bat will experience it as ultrasound. And a chameleon will experience it in another way. You cannot even remotely imagine what this room would look like to a chameleon.

So what's the real texture of the world? What's the real nature of the world? In other words, what's it really like out there? The answer is, it depends on who is looking and with what perceptual apparatus. In reality, there is no such thing as the real world because the real world is

our experience of it. Sir John Eccles, the British neuroscientist, once said, "I would like you to know that there are no colors in the real world, no texture, no beauty, no ugliness. Out there, beyond our perceptual apparatus is a radically ambiguous and ceaselessly flowing quantum soup and somewhere inside us, we take that quantum soup and convert it into reality."

Our current model of the universe and of the human body and illness is based on scientific materialism. "We think of the human body," says Chopra, "as a machine that has somehow learned how to think." Consciousness is regarded merely as an "epiphenomenon" of the human body and as nothing more than a biochemical process. All of Western medicine is based on this model of reality. But as one looks very closely at all the current strategies for treating illness, it becomes clear that it is not working very well.

This current biotechnical approach is successful when treating acute illness, when you have, for example, a broken bone or infection. It has no success in treating chronic illnesses, such as arthritis, which ninety percent of our population has. Interfering with the mechanism of disease does not solve the problem.

We can develop all kinds of antibiotics to interfere with bacterial replication and after a while, we will have antibiotic-resistant organisms that are even more devastating than the original infection. It is estimated that about 100,000 people die every day in the United States from antibiotic-resistant organisms that are acquired in hospitals. It is also known that the number one cause of drug addiction in the world is not street drugs but legally prescribed drugs made by physicians. It is known that thirty-six of all patients in American hospitals suffer from iatrogenic diseases, that means diseases that are the direct result of bio-technical intervention, diseases a person has because he either went to see a doctor or went to a hospital.

Eighty percent of the American, Canadian and British population swallow a medically prescribed drug every 24 hours. And despite the fact that more people in the US do research on cancer than have cancer, the incidence has increased from thirty percent to 300 percent during the last three decades. I recently went to a cancer meeting and I heard somebody remark that there are more people who live off cancer than die of it.

Therefore, it is clear that the materialistic model of the human body, is not working "because it is based on a superstition."

A Quantum Model of the Universe

Deepak Chopra proposes that we look at a different model of the universe and of the human body, one that was familiar to the ancient seers and rishis of India and to other ancient traditions that we have lost touch with. According to Chopra:

The Greek philosopher, Heraclitus, said that the human body is like a river. You can't step in the same river twice because new water is flowing in all the time. In the same manner the real you cannot step in the same flesh and bones more easily, more effortlessly, and more spontaneously than you can even change your clothes.

For example, the one sitting on that chair is not the same person that was there a while ago, technically speaking. Even with one breath that you take in you breathe in 10 to the power of 22 atoms of the universe. It is an astronomical amount that comes into your body. We are literally breathing in hearts, kidneys and tissues of everybody else. And technically speaking, we are intimately sharing our organs with each other all the time. Walt Whitman said that "Every atom that belongs to you as well belongs to me". And this is not a poetic metaphor, it is a fact of physiology because, indeed, every atom belonging to you belongs to me.

You can do mathematical computations based on radioactive isotopes and show without a shadow of doubt that right at this moment in your physical body, you have a billion atoms that were once in the body of Christ, of Moses, or Buddha or Leonardo da Vinci, or Michaelangelo or Saddam Hussein or anybody else that you care to think about.

The physical body is merely recycled earth, water and air. And you can do radioisotope studies and show beyond a shadow of doubt that we replace ninety-eight percent of all the atoms in our body in less than one year. We literally make a new liver every six weeks, a new skin once a month, a new stomach lining every five days, a new skeleton (which we think so hard, solid and permanent) every three months. Even the brain cells we think with were not there a year ago. The raw materials of our DNA come and go every six weeks. And if you want to be really technical about it, then you replace every single atom of your body every two years.

So if you think you are your physical body, you have a bit of a dilemma- which one are you talking about?

And where is that body? "Back to the dust from where it came," for it is nothing more than recycled earth, water and air. And even though

my 1990 body is gone I haven't died. So I must not be my physical body because I am constantly outliving my death.

There is a concept known to ancient science, which says that "Our essential body is not in the level of matter." Our bodies are fields of information and energy that ultimately structure physical expression. "In other words," says Chopra, "I am not a machine that has learned how to think. I may be the other way around. I may be thought or impulses of energy, information and intelligence that has learned how to make a physical machine."

Now, this is not just some esoteric Eastern philosophical speculation, but something which has a basis in science. "If you ask a modern physicist what the nature of objective reality is, she will tell you that there is no such thing as objective reality. What we consider to be physical reality, 99.9999 percent of it, it is made up mostly of empty space and the portion we think to be solid and physical, .0001 percent of it is also nothing else but empty space. So it turns out that the ultimate stuff of our physical world is non-stuff. But it is also thinking non-stuff," Chopra wrote.

This finding of modern quantum physics, according to Chopra, "is the ultimate, climactic overthrow of the superstition of materialism." We now know that physical reality is not what it seems to be.

The Mind-Body Connection

If it is true that I am not my body and that my physical body on the atomic and cellular levels change completely every two years, why doesn't a sickness, like cancer or arthritis, disappear after that period?

The answer lies in the cellular memory of the event. It has been estimated that an average person thinks as much as 60,000 thoughts a day. That is not surprising. What's surprising is that "ninety-nine percent of our thoughts today are the same thoughts we had yesterday." We become victims of the stale repetition of the memory of our past thoughts and experiences. The sickness remains because the cellular memory of the disease is still there. To illustrate this, Chopra says if you have a building and you replace each brick one at a time in the same manner,

after a while, you will end up having the same building. So we need to see the human body in an entirely new way, as if for the first time.

This cellular memory and our interpretation of it can spell the difference between life and death. For example, in an experiment conducted in the United States, one group of mice was injected with poly-I-C, a chemical that stimulates the immune system, at the same time that they were made to smell camphor. After a while, every time the mice smelled camphor it automatically stimulate their immune system.

Another group of mice was injected with cyclophosphamide, a substance that destroys the immune system, at the same time that they were made smell camphor. After a while, every time the mice smelled camphor their immune system was damaged or destroyed. So we have here an interesting situation where exposure to the same stimulus (camphor) produces entirely opposite effects.

"If the second group of mice is exposed to pneumococci, they get pneumonia and die of it after a few days. If exposed to carcinogens, they get cancer and die of it after a few weeks. You expose the first group of mice to the same thing and nothing happens," explained Chopra.

"What is the crucial difference between life and death as far as mice are concerned?" the doctor asks. "It is the memory of the smell of camphor and their interpretation of it."

In another experiment, scientists wanted to trace the course of heart disease in rabbits. The rabbits were given large doses of cholesterol to induce the hardening of the arteries and eventually fatal coronary illness. In majority of the cases, the rabbits exhibited the expected results, many of them dying of heart ailment, except one group which did not exhibit the same symptoms. The scientists had difficulty isolating the cause of this difference until it was discovered that the technician who attended to the rabbits who did not develop coronary problems had the habit of taking those rabbits out of their cages, talking to them, petting them and singing to them before injecting them with the same poison. As a result of this practice, which we can call love, says Chopra, or if you don't like that word, "the flow of information," these rabbits diverted the poisonous substance into a different neurological and metabolic route and thereby saved themselves from heart disease. In other words, they produced a different type of neuropeptides.

So, the crucial difference between life and death could be the simple acts of caressing, petting, talking and stroking, "strategies that are not practiced in any doctor's clinic or hospital."

At the Miami School of Medicine, premature babies, those born before thirty-eight weeks, were divided into two groups. Both groups were given the same infant milk formula and were placed under the same conditions, except for one small thing. In the enclosed cribs of one group, a hole was made through which a technician could insert his hands and stroke the babies for five minutes three times a day. With the other group, this was not done. At the end of the observation period, it was found that those babies who were subjected to this "tactile kinesthetic stimulation" (they didn't call it stroking) gained an average of fifty percent more weight compared to those in the control group who were not touched at all.

So again, it was demonstrated that the crucial difference between survival and death for these premature babies is human love and affection which stimulates the nervous system to create the chemicals necessary for proper metabolism and growth.

In a recent study of the cause of heart disease, it was discovered that fifty percent of people who have a fatal heart attack below the age of fifty do not suffer from the usual conditions that trigger an attack, namely, hardening of the arteries, hypertension and high cholesterol levels. They were, rather, unsatisfied with their jobs and generally unhappy, conditions which the researchers concluded were the real number one cause of fatal heart attacks.

It has been reported that in the United States, "there are more persons who die at 9 A.M. on Monday than on any other day of the week. This is an astonishing accomplishment that only the human species can claim credit for, because presumably no other animal can tell the difference between Monday and Tuesday."

What has become very obvious from all these scientific studies is the very crucial contribution of the mind in the causation and course of a disease and this fact can no longer be ignored. Consciousness can spell the difference between survival and death, and therefore medical science should begin to pay more attention to the role of the mind in the treatment of disease than it has ever done in the past.

Mental Conditioning Affects the Immune System



We often hear people say that we should think positive because it is good for our health and mental well-being. A highly influential American author, Norman Vincent Peale (who died in 1993), made millions of dollars preaching the power of positive thinking. A once popular song even carried the line, "Accentuate the positive; eliminate the negative." The American psychic prophet, Edgar Cayce, also preached the gospel of positive thinking much earlier than Peale did. He said that negative thinking is one of the main causes of illness in man.

Everybody, in short, accepts the need to eliminate negative thoughts and replace them with positive ones. But no one knows exactly how thoughts and emotions could affect the body and what precise mechanisms are involved—until experimental psychologist Robert Ader in the '60s began to investigate the effect of thoughts, emotions and stress on the immune system, and neuroscientist Candace Pert in the '70s began discovering neuropeptides in areas other than the brain.

The immune system is the body's primary line of defense against disease-causing agents (e.g., microbes, viruses, allergens, etc.) that may enter the body. When weakened, it cannot function well and therefore illness may occur. The immune system used to be regarded by medical science as independent of the mind and emotions. It was believed that it would do its work regardless of what a person thinks or believes in. And the evidence for this belief was strong. One could take a drop of blood from the body, place it on a slide and introduce a disease-causing agent into it, and the immune cells would fight the pathogen without any directions from the brain or the emotions. The immune system was regarded like the autonomic nervous system which is completely independent of control or influence by outside factors.

But this medical teaching proved to be erroneous. Working with rats, Robert Ader and others observed that a rat's mental state could influence its immune system, thereby proving beyond reasonable doubt that mental conditioning could either suppress or enhance the immune system, thereby showing that the immune system

Ader and his colleague, immunologist Nicholas Cohen, worked with three groups of rats. The first group was injected with cyclophosphamide, a chemical that suppresses the immune system. At the same time they were given a sugar-flavored liquid to drink. After this was done several times, the rats automatically associated the drink with the effects of the drug. This was the conditioned group.

The second group of rats was also given the drug and the drink but in such a way that the rats would not associate the two. This was the nonconditioned group.

The third group was given an injection of a neutral substance that had no physical effect on the immune system at the same time that the usual sugar-flavored drink was given to them. This was the control group.

On the ninth day, Ader and Cohen drew blood samples from all the rats to measure their immune reactions. The results were as follows: The conditioned rats had the lowest immune reaction (which meant that conditioning led the rats to suppress their immune system). The control rats (which received no immune-suppressing chemical) had the highest immune reaction. And the non-conditioned rats (which was given the immune suppressing drug and drink in such a way that they would not associate them) had a reaction level somewhere in between the other two groups.

To ensure they were not misled, the two investigators repeated the experiments using various drugs and even a foreign substance that provoked a cellular immune response. The results were the same. They did it with different flavored drinks, and the results were still the same. The rats had somehow told their immune system what to do and the immune system responded as if on cue.

Other investigators began checking on the findings of Ader and Cohen and proved them right. Reginald Gorkynski in Canada, on the other hand, extended the experiments further and showed that it was also possible to use mental conditioning to enhance the immune system.

What if every cell in our body could think?

Dr. Candace Pert discovered that thinking is not confined to the brain. She showed that certain chemicals found in the brain when the brain thinks (i.e., neuropeptides) are also found in the stomach lining, the spinal cord, the kidneys, the heart and even the male gonads.

A visiting professor at the Center for Molecular and Behavioral Neuroscience at Rutgers University, Dr. Pert discovered the opiate receptor and many other peptide receptors in the brain and in the different parts of the body. She considered these peptides and their receptors as the "biochemical correlates of emotions."

Neuropeptides are protein-like chemicals that the brain produces when it thinks. These chemicals are related to neurotransmitters which relay information from one cell to another. They were originally found in the part of the brain that mediates emotion. Within the brain, there are sixty of these neuropeptides. Another group of proteins in the brain that are linked with emotions are endorphins, which are sometimes known as the pleasure chemicals because they are produced when we are happy or joyful. Endorphins are also natural pain killers manufactured by the brain itself.

The primary research conducted by Dr. Pert and her colleagues revealed that neuropeptides are found not only in the brain but also in various parts of the human body, including the kidney, the liver, the stomach lining, the heart, the spinal column and the sexual organs.

"In fact," says Dr. Pert, "there are more endorphins in your testes than there are in some parts of your brain."

So there is, after all, some scientific basis to the old Filipino joke referring to the male sex organ as a man's "second brain."

The implication of Candace Pert's discovery of neuropeptides in various internal organs is tremendous and far-reaching. It means that thinking is not confined to the brain. Our immune system is itself a thinking mechanism, influenced by thought and emotions, as Robert Ader and others had proved earlier.

During emotional states, neuropeptides are released, affecting the whole body immediately. Candace Pert gave the example of a peptide called "angiotensin" which is connected to the feeling of thirst. When an animal that is fully sated is injected with angiotensin, it will drink

and drink, because "the peptide binding to that receptor makes the animal's mind feel thirst."

"That same peptide binding to the lung," said Dr. Pert, "makes the lung conserve water. That same peptide binding to an identical molecular entity in the kidney makes that kidney conserve water. The molecular entity is the same. It's like a brick that can be used in the basement of a house or in the attic of the house—it serves different functions in different locations, but it's the same brick. Overall, there's an integration process affecting the behavior the whole animal's mind and body, saying, 'I want water, I want to save water, I don't want any water to be lost.'"

Dr. Pert has shown that thinking is nonlocal and it is not confined to the brain. All our internal organs are "snooping" on what the other parts are doing, including our immune system. She discovered that ours is a thinking body, because it produces the same chemicals that the brain produces when it thinks. Only it does not think in terms of English or Chinese or Swahili. It thinks in terms of chemical reactions through the neurotransmitters and their receptors.

"The only difference, for example, between the thinking done by your brain and that of your stomach," said Dr. Chopra, "is that your stomach has not yet developed to the degree that it could have self-doubt."

In the words of Dr. Pert:

Your mind is in every cell of your body. But we do not know that not all the emotions are up in your head. The chemicals that mediate emotions and the receptors for those chemicals are found in almost every cell in the body. Your body responds differently, according to what cell is getting what chemical.

Norman Cousins (the former editor of *Saturday Review*, who healed himself of a fatal illness by laughter and positive thinking) said something to the effect that having the confidence to believe that almost anything is possible can translate into being able to heal. If telling people about my work can provide them with a scientific rationale that gives them greater confidence in themselves, and in their own mind, throughout their body, to heal themselves, then I feel that I'm making a contribution.



CANDACE PERT, PH. D.

If it's true that every cell in our body can think, then that makes visualization really a tremendous tool not only for healing but also for goal attainment.

A simple technique for boosting the immune system

The public fear caused by the newly discovered killer disease called SARS (Severe Acute Respiratory Syndrome) has spawned a lot of suggestions for fighting it, ranging from the ridiculous to the most practical.

Several years ago, at the height of the ebola virus outbreak in other parts of the world, we received a message from the spirit world advising us how to protect ourselves from it by a simple mental technique. I feel that the suggestion made by that unknown entity could also be used to protect us from SARS.

The spirit, speaking through a medium, said the technique was the one I taught in my ESP seminar, namely, a meditation for cleansing, balancing and activating the seven chakras or psychic centers of man.

It was a surprise to all of us in the group who were present at that time, especially me. It never occurred to me that the chakra meditation technique can also boost the immune system, whose function is to defend the body against invaders, such as microbes or germs. Its strategy is simple: to recognize the enemy, mobilize forces and then attack.

At first, I thought this was another one of those unexplainable spirit messages that defies logic. But when I started analyzing what the chakras represent in terms of the human anatomy, the whole thing made a lot of sense.

Although the chakras belong to the subtle energy body of man and not to his physical anatomy, each of them has a corresponding counterpart in the physical body, specifically in the endocrine system.

The endocrine system is composed of ductless glands that secrete their chemical substances directly into the blood that flows through them. According to one book of anatomy, "The ductless or endocrine glands do not form a well-unified system in a structural sense, scattered as they are throughout many parts of the body. But the substances they

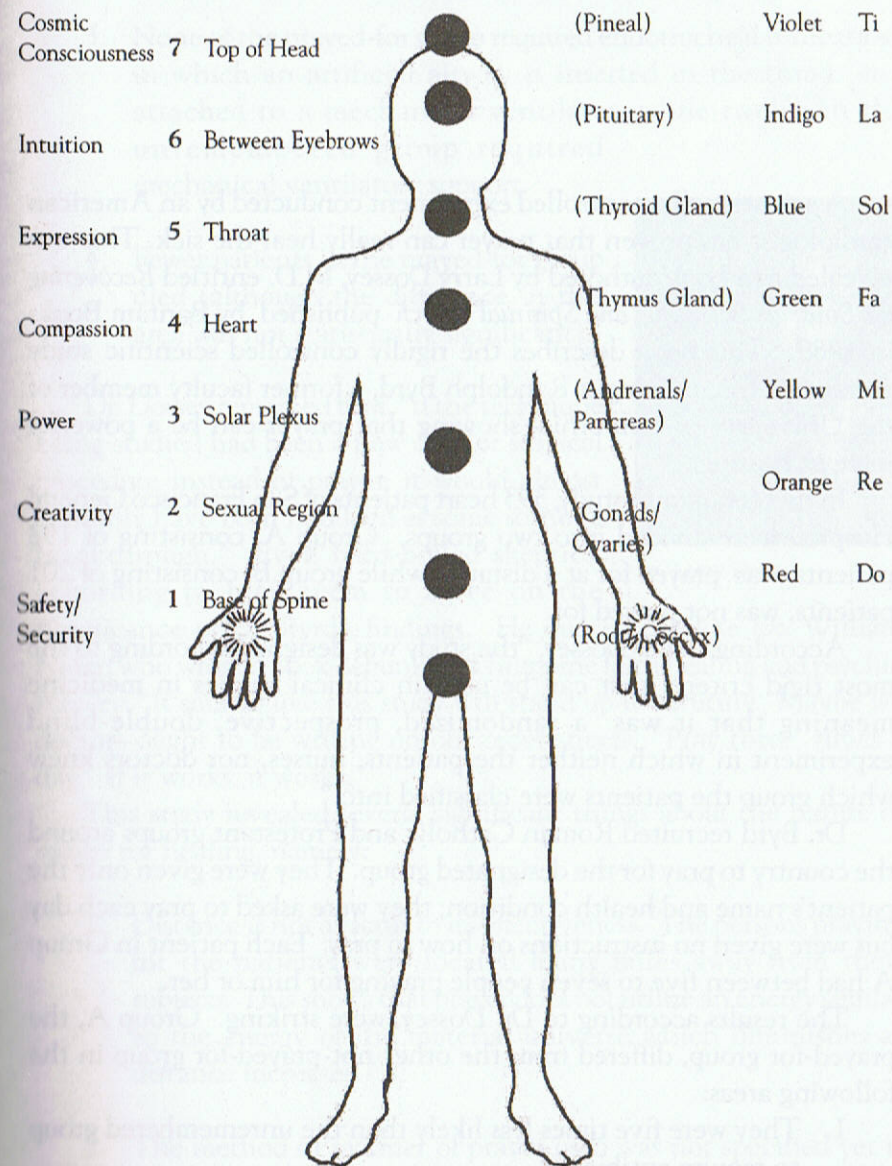
secrete, the hormones, do exert a considerable welding influence on many vital activities."

By meditating on these chakras and focusing our mind on their physical counterparts, i.e., on the endocrine glands, visualizing them as balls of colored lights, we are in effect stimulating and boosting their activities. Following is one simple way to do this.

Begin with the root or base chakra, which in the physical body is located at the base of the spine. Imagine a red ball of light energizing this area. After a few seconds, let the red light disappear and a new one, colored orange, appear in the genital region (corresponding to the gonads in men or ovaries in women), energizing the area. After it dissipates, visualize a third ball of light, colored yellow, in the stomach region (corresponding to the pancreas) imagine energizing it. Then in the heart region, corresponding to the thymus gland, a green ball of light appearing, energizing this area. When it dissipates, imagine a blue ball of light appearing in your throat (corresponding to the thyroid glands), energizing it. An indigo ball of light should then appear between the eyebrows (corresponding to the pituitary gland). And when it disappears, let it be replaced finally by a violet ball of light on top of the head, corresponding to the pineal gland. When you meditate on all these rainbow colors lighting up your chakras aligned with your spinal column, you are actually boosting your immune system to fight invading microorganisms.

If we combine the above meditation technique with the medical suggestions released by the Department of Health to guard against SARS, we will have a better chance of protecting ourselves not only against this but also against other diseases. A holistic approach to health is now becoming accepted by the medical community both here and abroad.

MAN'S SEVEN PSYCHIC CENTERS



Experiment Proves Power of Prayer to Heal

A scientifically controlled experiment conducted by an American cardiologist has proven that prayer can really heal the sick. This was revealed in a book authored by Larry Dossey, M.D. entitled *Recovering the Soul: A Scientific and Spiritual Search* published by Bantam Books in 1989. This book describes the rigidly controlled scientific study conducted by cardiologist Randolph Byrd, a former faculty member of the University of California, showing that prayer can be a powerful force in healing.

In that ten-month study, 393 heart patients of San Francisco General Hospital were divided into two groups. Group A, consisting of 192 patients, was prayed for at a distance while group B, consisting of 201 patients, was not prayed for.

According to Dr. Dossey, "the study was designed according to the most rigid criteria that can be used in clinical studies in medicine meaning that it was a randomized, prospective, double-blind experiment in which neither the patients, nurses, nor doctors knew which group the patients were classified into."

Dr. Byrd recruited Roman Catholic and Protestant groups around the country to pray for the designated group. They were given only the patient's name and health condition; they were asked to pray each day but were given no instructions on how to pray. Each patient in Group A had between five to seven people praying for him or her.

The results according to Dr. Dossey, were striking. Group A, the prayed-for group, differed from the other not-prayed-for group in the following areas:

1. They were five times less likely than the unremembered group to require antibiotics.

2. They were three times less likely to develop pulmonary edema, a condition in which the lungs fill with fluid as a consequence of the failure of the heart to pump properly.
3. None of the prayed-for group required endotracheal intubation, in which an artificial airway is inserted in the throat and attached to a mechanical ventilator, while twelve in the unremembered group required mechanical ventilatory support.
4. Fewer patients in the prayed-for group died (although the difference in this area was not statistically significant).

Dr. Dossey remarked that, "If the technique being studied had been a new drug or surgical procedure instead of prayer, it would almost certainly have been heralded as some sort of a breakthrough." Even hard-boiled skeptics, according to him, seem to agree on the significance of Dr. Byrd's findings. He quoted the late Dr. William Nolen who wrote a book debunking Philippine faith healing and psychic surgery: "It sounds like this study will stand up to scrutiny. Maybe we doctors ought to be writing on our order sheets, 'Pray three times a day.' If it works, it works."

This study revealed several significant things about the nature of prayer for healing, namely:

1. Distance is not a factor to its effectiveness. The persons praying for the patients were located many miles away from their subjects. This shows that prayer does not utilize an energy similar to the energy of the material universe which diminishes as distance increases.
2. The method or manner of prayer used was not specified yet it worked. The various prayer groups were simply told to pray, not how to pray.



DR. LARRY DOSSEY

The frequency and duration of prayers, the nature of the images held in the mind and the specific goal of the prayers were left to the preference of each individual involved, according to Dr. Dossey. Therefore, this factor could not be evaluated.

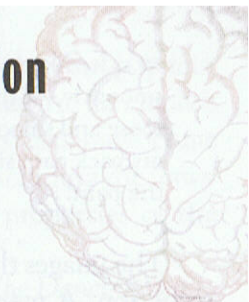
However, in earlier scientific experiments on prayer directed to non-human specimens (such as rye seeds, soybeans, mongo beans and mold), the following results were indicated:

1. Prayed-for seeds germinated faster than unprayed-for seeds.
2. The frequency and duration of prayer affected the growth. The more frequent the prayer, the faster the growth.
3. The greater the disease or stress suffered by the plant, the more dramatic the results of the prayer.
4. The more clearly the prayer group was aware of the condition of the subject, the more effective the results.
5. Non-directed prayer appeared quantitatively much more effective, frequently yielding results that were twice as great, or more, when compared to the directed approach.

Directed prayer means that the person praying "has a specific goal, image, or outcome in mind. He is directing the system, attempting to steer it in a precise direction. In the seed germination experiments, the goal was to pray for a more rapid germination rate.

"Non-directed prayer, in contrast, uses none of these strategies. It involves an open-ended approach in which no specific outcome is held in the imagination. In non-directed prayer the practitioner does not attempt to tell the universe what to do."

Severe Back Pain and Visualization



A technical writer and computer graphics designer had been suffering from severe back pain for one-and-a-half years already when she came to my seminar on inner mind development several months ago.

Explained Jelly Virata:

I have had at least three episodes of excruciating pain—pain so severe I can't stand up, or worse, sit down. The only bearable position is lying flat in bed or on the floor. A CT scan showed a disc compression that probably pinches the sciatic nerve, and this condition could lead to a slipped disk. After my last attack, I resigned myself to the fact that my back would always be weak and I would always wear braces to protect it, specially since my last attack was triggered by a sneeze! Yes, I just sneezed and I immediately felt my lower back crumble.

Actually, Jelly did not join the seminar because of her back pain but to learn how to utilize both hemispheres of her brain more effectively. She was even skeptical about the course's ability to relieve her of her back pain but felt she had nothing to lose by trying out the self-healing techniques herself.

On the second day of the program, the participants were taught how to use the power of visualization or mental imagery to heal themselves. They were asked to form an image of their illness and then to form another image of the solution to the problem. Much to her surprise, Jelly found that her back pain completely disappeared after the self-healing exercise.

When asked how she did it, Jelly explained:

As we were relaxing, the first image that flashed through my head was that my back pain was an electric fan. As I looked closer, the fan became a series of sawtooth gears that were not moving; they were not rusty, just stationary. My solution image was to pour huge amounts of motor oil into the system. I then felt my body swaying quickly from side

to side, like it was trying to shake the gears loose so they could spin smoothly. At the same time, I kept saying to myself, "Loose and smooth, loose and smooth!" When I could see the disks spinning as silver blurs, my back pain simply disappeared! It was such a relief to finally get rid of the pain!

The images that appear for the same ailment may differ from person to person. A mechanical engineer who had less severe back pain, for example, saw his back as a basketball court with five foreign players who were just sitting and chatting idly, refusing to play. That was the image of the problem. The image of the solution came in the form of Robert Jaworski, a tough basketball player and coach (turned senator later on) who got angry at them and started hitting them and running after them as they disappeared toward his shoulder. When he got out of that mental exercise, his back pain disappeared too.

Preposterous as the process may seem, it nevertheless usually works. And a number of medical doctors in the western world, such as Dr. Carl Simonton, Dr. Bernie Siegel and Dr. Martin Rossman, began using visualization to help patients recover from various ailments. In our seminar we have had students who obtained relief from such ailments as asthma, gastritis, tendonitis, headaches and migraine, myomas, cysts, shoulder and knee pains using only the powers of their own mind.

Usually, when a person wants to ignore a complaint or a problem presented to him, he simply dismisses it with the curt statement, "It is all in your mind." Diseases which are diagnosed to be "merely" psychosomatic are considered by doctors to be nothing more serious than the common cold.

Lately, it seems that the picture has at last changed. With new scientific findings regarding the dramatic effects of our mental and emotional states on our body functions, the diseases once thought to have physiological or organic origin are now known to be caused directly by the mind. A new field of medical science, which was largely ignored in the past, has acquired new status. This is the field of psychosomatic medicine.

Doctors are now beginning to realize what the mystics and psychics of old have been saying all along—namely, that we are a body / mind organism, that we are what we think, that we can change reality by changing what we think of it—is true.

Even modern quantum physics now supports this view. Says physicist Fritjof Capra in his book, *The Tao of Physics: An Exploration of the Parallels Between Modern Physics and Eastern Mysticism*: "Physicists have come to see that all their theories of natural phenomena, including the 'laws' they described, are creations of the human mind, properties of the conceptual map of reality, rather than of reality itself."

Adds Gary Zukav in his highly readable book, *The Dancing Wu Li Masters: An Overview of the New Physics*: "The new physics sounds very much like Eastern mysticism."

Quantum physicists have discovered, to their initial horror and disbelief, that reality changes depending on how it is observed. The laws of Newtonian physics do not work in the realm of very, very small particles. Another set of laws appears to govern them.

"The real problem," writes Zukav, "is that we are used to looking at the world simply. We are accustomed to believing that something is there or it is not there.... Our experience tells us that the physical world is solid, real and independent of us. Quantum mechanics says, simply, that this is not so."

Eastern thought (Buddhism, Hinduism, Taoism, etc.) tells us that this world is largely our own mental creation. We are all part of the same universe, so that what happens to a single thing or creature on any part of planet Earth and of the entire universe affects the rest of us wherever we are. Modern quantum physics, using laboratory proof and mathematical equations, agrees with this view.

Modern physicists have realized that, "We are actualizing the universe. Since we are part of the universe, that makes the universe (and us) self-actualizing. This line of thought, concludes Zukav, "could become one of many important contributions of (modern) physics to future models of consciousness."

If our thoughts can affect the physical universe around us, need we be surprised by their tremendous effects on our bodily processes and health? The implications of this modern discovery, which is really quite an ancient idea, are quite staggering. About 1,800 years ago, the Greek philosopher Epictetus declared: "The good or ill of man lies within his own will."



How Visualization Healed My Myoma by Susan

The author, a computer systems analyst at a large bank in Makati, attended my seminar on Inner Mind Development in 1998, unknown to her parents and officemates. Her life has never been the same since she started using the mental techniques taught in the course not only to heal herself but also to get what she wants in life. This is her fascinating story.

When I took Jimmy Licauco's seminar on March 14, 1998, my purpose was to develop my mind fully, to learn how to use both sides of my brain.

Never did I suspect that there was more to the course than what I had thought. Healing myself was farthest from my mind. But that was actually what happened.

Nobody in the class knew that I was suffering from a myoma in my uterus. I told no one about it, least of all Mr. Licauco. In fact I had already been operated on for that illness on June 9, 1997. I thought everything was all right. However, three months later, i.e., in September 1997, during a routine checkup, my doctor discovered through ultrasound that myoma nodules were beginning to appear again.

The finding scared me because I did not want to go under the knife again. Fortunately, my doctor said I did not have to undergo another operation unless complications arise, or the cysts grow very fast. Since that time I was under medical observation, but no medication was prescribed to prevent the cysts from growing fast.

My health condition prevented me from considering a new job opportunity. At the time I took the course, Mr. Licauco did not know I was scheduled for another check-up that very next Monday after the second day of classes.

During the first day of the course, Mr. Licauco taught us how to use visualization to heal ourselves. Before the exercise he asked everyone

of us if there was any illness we were suffering from which we wanted to get rid of. Everyone told about his or her illness or symptoms except me. I just kept quiet. I doubted if I could get rid of my myoma simply by using imagery and imagination.

During the exercise we were asked to represent our sickness by an imaginary object and the solution or cure by another object. Then we were asked to imagine the symbol of illness transforming into an image of health. The picture of health with all the symptoms gone was to be the last image in our mind when we return to normal waking consciousness.

During the exercise I asked myself, "What object would be similar to my myoma?" Suddenly a picture of a fresh coconut appeared in my mind. It was similar to what my doctor had drawn for me. So I used the fresh coconut to represent my illness. And then for the image of the solution or cure I imagined that same coconut becoming dry with its husk turning brown. When I checked later in our office the first brochure issued by our company, it had the picture of that same coconut I had visualized in class.

After the exercise, everybody was asked what their experience was. All of the others responded; many of them had very positive results. I kept quiet and told Mr. Licauco my illness was a secret. He did not insist on knowing it.

What no one in class knew was that I was scheduled for another medical checkup that very Monday after the second day of the seminar. What was most surprising was that after my routine ultrasound, my doctors found no more trace of myoma although they were definitely there six months before. I couldn't believe it and asked the doctor if he was sure it was gone. And my doctor joked if I wanted my myoma back. I, of course, said no! To double-check his findings, I brought the results to my gynecologist. She also was surprised that the myoma was completely gone. She asked me if I told the other doctor of the previous positive findings and I said I did. She was glad about the results, and so was I. She requested me to go for a checkup every three months. It has now been four months since my last checkup. No sign of the myoma anymore.

Since graduating from Mr. Licauco's course I have used visualization to achieve my other goals, with very positive results. For those who have not yet attended the Inner Mind Development seminar of Mr. Licauco, I say do it now before it's too late!

6 Intuition, ESP & Management



Whole Brain Management: The Key to Peak Performance

Consider the following examples taken from real-life situations:

1. One morning, Dieter Lehman, the general manager of a Swiss nutrition products manufacturing company located south of Manila, drove into the company premises. He saw the union president walking by and greeted him, "Good morning." Without any reason, the GM went straight to the personnel manager's office instead of going to his own office as he usually did. In the PM's office the GM instructed the PM to talk to the union president right away. The PM wanted to know why, since he had just talked with the union president the day before. The General Manager replied: "I don't know, just call him," and then left for his own office. Shortly afterwards he learned that the union was harboring some grievance against the company and had this not been patched up immediately, they could have suffered a serious labor problem. The timely intervention of the personnel manager, acting on the intuitive instructions of the general manager, saved the day for the company.
2. Meliton V. Salazar, former Executive Vice President of a large appliance company, and now a professor of management at the Asian Institute of Management, one day called a meeting of his department managers at noon. An hour before the scheduled meeting, he suddenly asked his secretary to cancel it. He could give no rational explanation for his decision. He only had a sudden urge to go home and eat lunch there, although he had earlier called his wife to tell her he would not be home for lunch because of a meeting. Before leaving the company premises, he passed by the office of the medical director, and asked him to

have lunch with him at home. When they reached the executive's home, they found his wife sprawled unconscious near the kitchen in a pool of blood. She had had a miscarriage. The doctor quickly gave her first aid on her and then declared afterwards: "If we had been late even for one minute, your wife would have been dead for loss of blood."

3. When Ray Kroc asked the brothers Richard and Maurice McDonald to quote him a price for the entire McDonald's hamburger chain back in 1960, he was not prepared to buy it at the price the brothers wanted for it—\$2.7 million.
His lawyer thought the price was exorbitant. Nevertheless, Kroc accepted the deal. "I'm not a gambler and I didn't have that kind of money," Kroc recalled, "but my funny bone instinct kept urging me on. So I closed my office door, cursed up and down, and threw things out the window. Then I called my lawyer back and said: 'Take it.'" The rest is history.
4. On February 7, 1991 a major newspaper, *The Philippine Daily Inquirer*, carried the headline: "Hunch Led to the Arrest of Renegades." The story told of the arrest of army rebel leaders Abraham Purugganan and Victor Batac. When interviewed, the Armed Forces Intelligence agent who led the arrest said that all they had was information that somebody was going to a certain area—"along Pasay Road in Makati, Metro Manila," said the news item. So they decided to go there without knowing who was going there and how. "The government agent saw a brown Mitsubishi Galant with Plate No. DBY 443 driven by a man. The agent said he had a strong hunch the driver of the car was their quarry. So, acting on impulse, he told the driver of their vehicle to block the Galant." Although the driver identified himself as "Mr. Mendoza," and was hardly recognizable because he had gained weight and sported long hair, the arresting agents brought him to the headquarters where he was properly identified. His arrest also led to the capture that same day of another rebel leader, Lt. Col. Victor Batac.

All the above examples have one thing in common. The individuals involved acted on information that sprang from somewhere inside themselves and not from data outside. It was as if each of them possessed a hidden reservoir of knowledge that only awaited being tapped.

What Is Intuition?

Such a hidden and subjective source of information has been called by many names. Some call it *instinct*, others call it *gut feel*, *hunch*, *business sense* and even a *lucky guess*. Many individuals have in fact experienced it but few can define it precisely, or call upon it at will. Because of its mysterious and apparently uncontrollable nature, many managers shun the word when describing how they make decisions. Yet there is growing evidence that successful businessmen trust and use intuition more than they usually admit. David Mahoney, Chairman of Norton Simon, has been quoted as saying that the "chief executive officer is not supposed to say 'I feel.' He's supposed to say, 'I know.' So we deny instinct by calling it judgment." Professor Henry Mintzberg of McGill University has concluded from extensive study that the top CEO is a "holistic, intuitive thinker who is constantly relying on hunches to cope with problems far too complex for rational analysis."

Intuition cannot easily be defined in precise terms. It refers simply to some form of inner knowing without rational precedent. It means knowledge gained by means other than the outer senses and objective reasoning.

John Teets, Chairman of Greyhound Corp., defines intuition as "an inexplicable interior force that resides in a halfway house between egotism and humility." H. Ross Perot, founder and Chairman of Electronic Data Systems Corporation, defines it as "knowing your business." According to him, intuition "means being able to bring to bear on a situation everything you've seen, felt, tasted and experienced in an industry." But in order for intuition to be of any practical value, one has to pursue and apply it. R. Buckminster Fuller, designer of the geodesic dome, likened intuition to "cosmic fishing." "But once you feel a nibble," he said, "you've got to hook the fish. Too many people get a hunch, then light a cigarette and forget about it."

Many Levels of Intuitive Awareness

Weston H. Agor, Ph.D., Director of the Master of Public Administration Program at the University of Texas at El Paso and President of ENFP Enterprises Inc., a management consulting firm, classifies several levels of intuitive awareness that may be experienced by business executives in his pioneering book, *Intuitive Management*. These are the physical, emotional, mental and spiritual levels of intuition.

"At the *physical level*," says Agor, "intuitive awareness comes in the form of bodily sensations. Sometimes we have a strong response to a person or situation when there is no apparent surface reason for doing so. Recent research indicates that we can be influenced by extrasensory stimulus even when we are not aware of it at a conscious level. Put another way, our intuition is telling us what our body already knows to be true."

Roy Rowan of *Fortune* magazine reports in his book *The Intuitive Manager* that Dr. Benjamin Libet, a psychologist at the University of California in San Francisco, measured brain waves and claims that "the brain begins to ask for something—and actually initiates the action—about four-tenths of a second before the brain's owner is aware of wanting it."

"At the *emotional level*," continues Agor, "intuitive signals are transmitted in the form of feelings. Surely many of us have had the experience that we instantaneously liked or disliked someone we just met. Two Houston psychologists, Cat Bennet and Margaret Corington, earn between \$500 and \$1,500 a day assisting lawyers pick juries by employing this skill.

"Thirdly, intuitive cues can come to you on a *mental level*. This is when mentally you see a pattern or order to seemingly unrelated facts that may not be obvious to your colleagues. Albert Einstein attributed his theory of relativity to intuition—a flash of insight—not to a product of painstaking laboratory experiments."

A former executive vice president of an airline company in the Philippines found out that an employee in their personnel department had a highly developed intuitive ability and could identify correctly victims of airplane crashes although they are burned beyond recognition. His ability proved extremely valuable in a recent crash the airline experienced.

"Finally, intuition can function on a *spiritual level*," says Agor. "At this level, an executive will come in touch with how his or her organization's acts are interlinked with all humanity. Emphasis is on the transpersonal and underlying oneness of life."

The Intuitive Personality

In the book *The Intuitive Edge*, author Philip Goldberg summarized the results of the extensive empirical research on intuition conducted by Malcom Westcott in the late '60s. Westcott looked at two variables: "first, how many clues the subjects required before they were willing to make judgments; and second, how correct the conclusions were." Based on the test scores of his more than 1,000 subjects, he classified them into the following four groups:

1. The intuitive thinkers: need little information, but highly successful in finding solutions
2. Wild guessers: need little information but typically unsuccessful
3. Cautious successes: need excessive information and highly successful
4. Cautious failures: unsuccessful despite excessive information.

Is there an intuitive personality? Based on a variety of psychological tests and interviews, Westcott and his colleagues found that intuitive people tend to be:

- Unconventional and comfortable with their unconventionality;
- Confident: surer of their answers to the test than those who waited for more cues;
- Self-sufficient: they don't base their identities on membership in a social group;

- Emotionally involved in abstract issues;
- Willing to explore uncertainties and entertain doubts, and able to do so without fear;
- Willing to expose themselves to criticism and challenge;
- Able to accept criticism as necessary;
- Resistant to outside control and direction;
- Independent;
- Farsighted; and
- Spontaneous

According to Goldberg, the scores showed "there were very clear personality differences between intuitive and wild guessers, both of whom appeared to have an intuitive style in that they required relatively few cues. The wild guessers, who were not good at solving the problems; were self-absorbed, cynical and had a high degree of physical and emotional disorders. There was also a clear distinction between intuitives and cautious successes, who had correct answers but needed a lot of information. The latter stood out in their preference for order, certainty, control and respect for authority—more conservative, they function best in situations where expectations are clearly established."

Left Brain/ Right Brain Plus One More

Intuition is commonly regarded as being a function of the right hemisphere of the brain, while logical linear thinking is a function of the left hemisphere. Although this may be true in its most general sense, it has been pointed out by psychologists that such a dichotomy is a gross over simplification of what really takes place in the brain.

"All one can safely say at this point," says Philip Goldberg in *The Intuitive Edge*, "is the intuitive experiences involve cognitive qualities

that now seem to be associated with the right hemisphere, which is not quite the same as saying it is a function of the right hemisphere or that it resides in it. For one thing, we use intuition in dealing with supposedly left brain activities, for example one intuitively grasps the meaning of a verbal phrase or a linguistic concept."

He pointed out that the left brain must somehow be involved in the processing of information derived intuitively. It cannot be entirely logical. "Mathematicians," he says, "play spatial games in their heads when thinking through a problem; travelers reason out their routes visually; managers will imagine spatially the production sequence of workers and machines," and so on.

Nonetheless, conceptualizing the left brain as being concerned primarily with nonverbal, visual, intuitive and subjective thinking is helpful.

More accurately, according to Dr. Paul Maclean, the Chief of Brain Evolution and Behavior at the National Institute of Mental Health, we should regard ourselves as having three brains, not two, as commonly known. He calls it the "triune," or "three-in-one" brain. Each brain system is physiologically and chemically different from others. The left and right brain that people refer to are actually the left and right hemispheres of man's top brain, the neo cortex or cerebral cortex. The other brains are the limbic system and the reptilian. So wholebrain thinking really means utilizing all three brains whose functions are summarized below.

1. The reptilian or primal brain creates patterns, habits, routines and instinctive behavior, as well as our sense of territory and safety.
2. The limbic system (paleomammalian) is our most chemically active brain; it is where all emotions originate from.
3. The neocortex (neomammalian) is divided into the left and right hemispheres as described above.

Instead of intuitive management then, perhaps it would be more accurate to use the term whole-brain management to refer to this new approach to managerial decision making. This implies using the three

brains simultaneously. If a manager shuts out or ignores his emotions (limbic), or ignores his sense of safety (reptilian) or disregards his intuition (right neocortex), he won't be using much of his brain potential and thus will not be so effective. Although logic (the left neocortex) is important and is a valuable analytical tool, we can't expect it to do everything.

When to Use Intuition

In a pioneering study of managerial thinking made by Weston Agor from 1981 to 1988 involving over 3,000 respondents, the following situations were identified as most conducive to the use of intuition:

- Little previous precedent exists;
- Variables are less scientifically predictable;
- Facts are limited;
- Facts don't clearly point the way to go;
- Analytical data are of little use;
- Several plausible alternative solutions exist to choose from, with good arguments for each; and
- Time is limited and there is pressure to come up with the right decision.

Weston Agor found that intuition is a skill that is most prevalent as one moves up the organizational ladder. Top managers in every sample group tested scored higher than the middle and lower level managers in their ability to use intuition.

"Not only do the vast majority of these top executives admit that they use intuition to make decisions, they even specify the situations in which their intuition is most useful in making such decisions," said Agor.

Another interesting finding of Mr. Agor is the feeling that accompanies an intuitive decision that is correct and the feeling when a decision may be wrong. "They share a consensus of feeling that tells them so," says Agor, "such as a sense of commitment, a feeling of total harmony, warmth and confidence, a burst of enthusiasm and energy like a bolt of lightning or a sudden flash that 'This is the solution.'"

"Alternatively, when they sense an impending decision may be an incorrect one or that they need to take more time to adequately process the cues they are receiving, these managers speak of feelings of anxiety, mixed signals, discontent, or an upset stomach."

Clearly, the outstanding CEO or manager, who will dominate the market in the future, is one who has developed his whole brain and knows when to shift from one brain mode to another to find the best solution to any given business problem or opportunity.

Experiment Proves ESP and Profitability Go Together



Studies done by researchers John Mihalasky and Douglas Dean of the Newark School of Engineering, which began in the early '60s and lasted until 1974, show that good ESP and high profitability go together. After a series of tests on precognition (i.e., the ability to predict future events) under strictly controlled conditions, the two researchers found that executives who doubled their companies' profitability within five years scored very high on the ESP tests compared with those executives with only average profit performance.

The precognition or ESP test given to the executives involved predicting the number that will come out in a randomly generated numbering sequence of 100 digits. There is no way anyone can cheat on a test of this nature because the correct answers pertain to a future event randomly generated by a computer and therefore not even the researchers could know the correct answers in advance. Scoring was also done by the computer.

Mihalasky and Dean said that although the initial group of executives tested "was too small to give statistical significance, it was enough to convince us that parapsychology could be of practical help in management sciences." Their subsequent studies of two additional groups of 1,000 company executives proved them right. Executives scoring high on ESP tests also proved to be high profit makers compared to low scorers.

"These results do not prove that precognitive ability and profit making are always related," said the two pioneering researchers, "however they show the probability of getting a superior profit maker is much increased by choosing a man who scores well in precognition."

The results of the study made by Dean and Mihalasky provided the "hard," quantitative data to support the belief that management decisions and ESP can and do go together. "Many people—engineers, doctors, executives and ordinary folk—do make decisions with the aid

of ESP," says Dean and Mihalasky. "But they are ashamed or afraid to admit to such unscientific methods. Our research provides the scientific support for their methods, thus making them bold enough both to admit to the use of ESP and to motivate them to use and rely on ESP more often."

New Paradigm for Business?

Such researches on the dynamics of managerial decision making and the role that consciousness and intuition play in the process have struck a responsive chord in progressive-minded corporate heads. In a thought-provoking article entitled "*New Age for Business?*" which came out in *Fortune* magazine (Oct. 8, 1990), author Frank Rose reported the conversion of the Victorian Big House on top of the cliff at Esalen Institute into a corporate retreat where conferees could select from a menu of Esalen training techniques ranging from stress reduction to creativity and intuition enhancement.

A few years back, said the author, such an idea was unthinkable. Not anymore. "Now companies like AT&T, Procter and Gamble, and Du Pont are offering employees personal growth experiences of their own, hoping to spur creativity, encourage learning, and promote 'ownership' of the company's results. A handful of visionary leaders—General Electric Chairman Jack Welch chief among them—are going beyond training seminars to a fundamental reordering of managerial priorities."

A small network of consultants, thinkers and academics are working to transform business, and are calling for a new paradigm—a whole new framework for seeing and understanding business. Whereas the old paradigm or worldview takes its principle from the mechanistic and analytical Newtonian physics of the objective world, the new paradigm, according to Frank Rose, takes ideas from such disparate disciplines as quantum physics, cybernetics, chaos theory, cognitive science, and Eastern and Western spiritual conditions "to form a worldview in which everything is interconnected, in which reality is not absolute but a by-product of human consciousness."

What has emerged from all this soul searching is a combination of some old and some new business theories and practices befitting the "global village," to use the term of Marshall McLuhan. Among the familiar concepts are "hierarchical organizations being replaced by more flexible networks; workers being 'empowered' to make decisions on their own; organizations developing a capacity for group learning instead of waiting for wisdom from above; national horizons giving way to global thinking."

Others are quite new and, according to the author, many seem far-out at the moment. These include such concepts as "creativity and intuition joining numerical analysis as aids to decision making; love and caring being recognized as motivators in the workplace; even the primacy of the profit motive being questioned by those who argue that the real goal of the enterprise is the mental and spiritual enrichment of those who take part in it."

In 1989, a course on creative and intuitive management, which Prof. Eduardo Morato and I developed at the Asian Institute of Management, was offered for the first time. Later, Prof. Morato expanded this into a full-blown degree program called Master in Entrepreneurship (M.E.).

What's genuinely new about the new paradigm, comments Rose, is "this focus on human consciousness—not on capital or machinery, but on people. Jack Welch remarked that he wants people at GE to feel rewarded in both the pocket book and soul."

As management expert Henry Mintzberg points out in one of his books (*Mintzberg on Management*, 1989), it is at the senior levels of management that the purely analytical approach encounters problems. Here, he says, analysis must co-exist with, perhaps even take its lead from intuition. "To my mind," says Mintzberg, "organizational effectiveness does not lie in that narrow-minded concept called 'rationality,' it lies in a blend of clear-headed logic and powerful intuition." Society, he says, "has paid a terrible price by rejecting intuition over the course of almost a century in organizations, the study of organizations, and behind that, the field of psychology itself."

An Encounter with an Intuitive CEO

One way to understand how intuition works in an organization is to talk with and observe individuals who use it as a matter of habit in their daily lives. This is usually difficult because most executives will not want to talk about the way they make decisions, much less admit that they use intuition at all in their decision making. One exception to this is William Farley.

Bill Farley is Chairman and CEO of Farley Industries, which controls a diverse group of companies, including Fruit of the Loom, Westpoint Pepperell and various other businesses. The group of companies he heads (as of 1992) had a combined sales volume of about \$4.5 billion with a total of 75,000 employees operating in North America, Europe, and, to a small extent, Asia. His companies belong to *Fortune's* 500 largest industrial corporations in the United States.

I met William Farley at an international conference of the Young Presidents Organization (YPO) held in Taipei in 1992. After my presentation, where I talked about intuitive decision making and remote viewing, we had a brief conversation. He mentioned that he had always used intuition in making major business decisions and agreed with me about the need for executives to develop their right, intuitive side of the brain. He said he built his company from a \$3 million business to over \$4 billion in ten years using his intuition. I got so intrigued by William Farley that I requested an interview with him. He accepted.

Farley's personal and academic background barely prepared him for business.



WILLIAM FARLEY

His father was a musician and his favorite subject in college was art. After college he began selling encyclopedias, but found it very frustrating. He read *Think and Grow Rich*, by Napoleon Hill, which got him very interested in intuition, positive thinking, the subconscious mind and the uses of imagination.

He then worked for National Lead Company where he was involved in corporate planning and strategy. At this point he stopped studying intuition, and soon realized he was not cut out to be an employee. At age thirty he asked himself a fundamental question: "How do I want to live my life businesswise?" He decided that he wanted to be an entrepreneur rather than a business manager. But he had little working capital and no inheritance. That is what led him back to the study of intuition, imagination, visioning and positive thinking.

It was in this environment that he met an old friend who informed him that Anaheim Citrus Products was for sale. "As soon as I heard that, I knew intuitively that was the deal I wanted. Something inside me told me to stop struggling and go for it. It wasn't something like somebody coming up to me with a big feasibility study. I just felt right." He needed \$2 million but only had \$20,000: but he knew the deal was for him. He turned his investment into a \$5 billion enterprise!

Bill Farley has learned to trust his intuition or his inner voice because it has served him well. For example, in 1985 he became aware that Northwest Industries (owner of Fruit of the Loom) was for sale. "I didn't know much about the company to go for. It turned out to be one of the best deals that I've ever made."

Intuitive or right-brain decision making is not found in most managerial textbooks, but Farley uses it extensively. He uses it to complement facts. And it seems to work best when "I am most relaxed, positive, confident, secure, and have gone with those feelings. Where I think I have made decisions that I would have changed today are those where I allowed something to shut those capabilities down."

As in my own experience in business, Farley sees most managers as being left-brained or linear thinkers. "Many of them want more information before making a decision. I tend to say, 'Enough is enough. Let's make the decision and move on!'...Ultimately you have to go with your gut, with that feeling that you are right." When managers are giving him contradictory ideas or information, "I will listen to both managers and think about it for a while, and then make a decision

based on my experience and intuition. What feels right is what will determine my decision. You have just got to believe it. You believe it because of past experience, because of the feeling you have. I'm talking about trusting your feelings. Over a period of time, you accumulate experience that tells you you're right. And when I get into a relaxed, positive state of mind, I know I'll make the right decision."

The morphogenetic field theory (popularly known as the hundredth monkey theory) was first proposed by biologist Rupert Sheldrake to explain the instantaneous spread of knowledge among physically distant beings. The oversimplified version of the theory states that if a group of monkeys on an isolated island learns a novel way of cracking a coconut, something none of them had ever done before, the moment the 100th learns the technique, another group of monkeys living on the other side of the globe would also learn that same technique with no communication between them. It is as if the accumulation of knowledge by a certain number of the same species creates a certain resonance that makes it possible for the rest of the species, wherever they may be living in the universe, to receive and incorporate that knowledge into their own lives. Of course, this is all done subconsciously. This could also explain what Carl Jung calls the "collective unconscious" of mankind.

The hundredth "intuitive" monkey or whole-brain effect has not yet been achieved in business. Executives such as Farley are somewhere between intuitive whole-brained thinkers number one and number ninety-nine, and making it faster for other managers to reach that way of thinking in order to make it more of a norm than it is today.

Says Farley, "This right-brain or whole-brain thing is still considered rather offbeat by the average manager in this country. It is still considered to be more in the realm of spirituality rather than reality. In western culture, you may see one or two articles talking about these things, but not in terms of a norm. In fact it is regarded almost as bizarre and far-out. So it is not commonly accepted. Let me just repeat what Deepak Chopra has recently stated: 'We haven't reached the hundredth monkey yet.'"

But we are getting there!

7 Unique Mind Power Applications



How to Attract Good Luck

Every now and then I receive letters from some readers telling me how unlucky they are in life. Everything they do seems to go wrong. Every business or investment decision they make turns out bad and even their relationships become sour. A few of them have even thought of committing suicide as a last resort.

All of them inevitably ask why these negative things happen to them and if there is anything they can do about the situation.

Since I believe that everything that exists on the physical plane has its origin on the mental and spiritual planes, the only way to change our physical circumstances is to change our mentality. Convert your negative thoughts and self-image to positive ones. But this is easier said than done. Is there a technique or method for successfully doing this?

Fortunately, there is a way out of this dilemma. I came across an excellent book published many years ago which tells exactly *How to Attract Good Luck* (that's the title of the book written by A. H. Z. Carr).

The author makes a distinction between "chance" and "luck." Although closely related, they're not the same. He defines chance as a random, impersonal event, like lightning striking a tree, or a volcano erupting at a certain time, or a cloud forming into the face of a bear, etc. These are events we cannot specifically predict.

But when chance touches the interests of an individual, then it becomes very personal and significant for him. "As soon as human emotions are affected by chance, it has been transformed into luck," says the author. He gives the following example to explain his point:

The wind blows a piece of paper across our path. We see it flutter in the distance, and we walk past, our minds in other matters. The paper has been set in motion by forces that we cannot control. It does not concern us. It has merely reached a given point simultaneously with ourselves, and the result is unpredictable chance one of the myriad number of tiny, fortuitous events that befall everyone in the course of a day.

Suppose, however, that as the piece of paper flutters by, we follow it with our eyes, stop and discover that it is money—a ten-dollar bill. At once the chance takes on a new character. It affects us—gives rise to an emotion, a warming glow of satisfaction. The impersonal ties become personal. Chance has become luck!

Why do some people have consistently large doses of bad luck while others seem to be so lucky that everything they touch turns to gold?

According to the author, "Psychologists have found that the unlucky person, more often than not, is one whose behavior reflects profound insecurities of mind and spirit. It is psychological insecurity (present to some degree in most of us) that normally prevents us from responding successfully to the chances of life."

How to reverse bad luck

1. Seize the moment of one good chance or opportunity occurring among a series of negative events. The author gave the example of a new widow, whose late husband left an insurance but failed to remit the last premium, and therefore the company withheld payment. She was dealing only with subordinates of the company, so far. She needed the money badly. The husband left her with two small children. She tried again to collect. Going to the office, she found the secretary of the manager gone. She seized the moment, went to the office of the manager, presented her case and was given a favorable decision for humanitarian reasons. Not only that, the manager fell in love with her and married her. They lived happily ever after, just like in the romantic novels.

"At the heart of this process," says the author, "lies the vigorous assertion at the right moment of certain outstanding and positive characteristics."

2. Be alert to chance meetings or chance remarks, whether from strangers or some other unexpected sources. Let me give you a personal example. I was having my hair cut by my long-time barber one day. I remarked that I had come to visit a friend who was the personnel manager of a new international hotel to open in Manila. I told him the

hotel was then hurriedly recruiting new personnel. He immediately called up his son, who had been looking for a job without much success, and told him to get an application form. The son went there, filled up the form, was interviewed and was immediately hired, starting at the lowest level. Several years later, I went back to that same barber and he told me his son had been promoted as manager of a newly opened branch of the hotel in Hawaii. By acting on that chance remark I made, the barber turned that into good luck for his son.

3. Be generous. Genuine generosity attracts good luck. Why? Because “generosity tends to evolve a similar feeling in the hearts of beholders,” according to Carr. “Your warm-spirited actions intensify and sustain awareness of you in the minds of others. And the concentrated favorable attention of others increases the probability that they will remember a fact or conceive an idea beneficial to your interests.”

This does not mean that the sole motive you should have for being generous is to get something in return. That won't work. The real reward of the generous is often invisible and secret.

“The generous person creates an unsuspected potential of good luck that needs only a touch from chance to burst all at once into happy reality,” says the author.

4. Know what you really want. The more we know exactly what we really want in life, the better prepared we will be to recognize favorable chances and extract good luck from them! Unfortunately, most of us do not really know what we want, so we don't get it.

5. Develop your intuition. Intuition can be developed just like any other mental ability. Exposure to varied circumstances of life, openness to experience, willingness to take risks and regular meditation can develop one's intuition. Practice makes perfect. The more we trust and practice our intuitive judgments or decisions, the better we become at it. I have been conducting an ESP and Intuition Development seminar for many years now and I know that this ability can be developed and enhanced with the right techniques.

Sometimes known as “gut feelings,” intuition can take on many forms. Sometimes, it comes through dreams, through chance meetings, or when we are not paying attention to it. Intuition is allowing our

right, spontaneous side of the brain to dominate. It is suspending our left, analytical brain for a while. It is the ability to listen to the sound of silence in our minds that speaks out loud. Such contradictions are the essence of intuition. And when you have gotten a truly intuitive insight into a situation you know absolutely that you are right. There's a great feeling of internal joy at having arrived at a good insight or good decision. Intuition plays a very great role in bringing about good luck.

Have you not observed that some people seem always to do or say the right things at the right time? They are always there at the exact moment they are needed, when something really momentous will happen. How do they know? They have developed their intuition. They just know—period. That's intuition.

In conclusion, Carr pointed out: “Even if we are not ourselves naturally lucky, we can at least bring more luck into our lives than we have had. The extent to which we make ourselves luckier is likely to be directly proportional to the force of our WILL to be lucky....

“By doing a few relatively simple things over a period of a few months, men can often develop the lucky side of their personalities to an extent that seems miraculous. With a normal play of chance, an increase in one's potential luckiness does not take long to show itself in better luck and greater happiness.”

Scientific Proof

By a stroke of good luck, as I was about to submit the manuscript for this book to the publisher, *The Readers Digest*, in its August 2004 issue, published an article showing scientific proof that we can make our own breaks.

In the article entitled “How to Get Lucky,” Richard Wiseman described how he investigated scientifically why some people are constantly lucky and others are not. He interviewed volunteers of both types, i.e., those that are consistently lucky and those that are consistently unlucky, and obtained detailed background info about them.

He discovered a world of difference between the two types. He confirmed the principles enumerated by A. H. Z. Carr in this article.

Lucky people "seize chance opportunities, create self-fulfilling prophecies through positive expectations and they adopt a resilient attitude that turns bad luck around."

On the other hand, "unlucky people miss chance opportunities because they're too busy looking for something else." The way we think affects our being lucky or unlucky. As Shakespeare put it, "Nothing is either good or bad, but thinking makes it so."

How to Use Magic Chants to Bring In Money



I have been asked by my friends (usually in jest) if I have any magic formulas, charms, amulets or other esoteric techniques which could instantly attract wealth. I usually tell them that I know of no magic formula for bringing in money except hard work, honesty and persistence. I have never really tried any of the much publicized and sensationalized rituals which promise to materialize a financial windfall, and therefore can give no sound advice to people concerning their efficacy.

Sometime ago, I came across a book by Raymond Buckland, a prolific writer of the occult sciences, on *The Power of Magic Chants*. Leafing through its over 200 fascinating pages, I came across suggested chants for bringing in large sums of money. I am sharing some of these for those who have been clamoring for "money spells," but this is for experimental purposes only and without guarantee of results.

To make the following chant work, according to Buckland, it is preferable that it be done on a Wednesday. Why Wednesday, he did not explain. I think any day will do.

Light your candles and incense. Sit for a moment and think hard about the *exact* amount of money you need. See the money, see yourself holding it, counting it. Imagine not that it will come, but that it *has* come—that you now have it.

With this in mind, you may start the chant.

Try to think of the words, of what to say, as you chant them. Get the rhythm so that it is automatic. Sit, stand or kneel, whichever is more comfortable."

Suddenly I see the pile,
Suddenly I hold the sum,

Suddenly I end the trial,
For the money—it has come!
For the money—that I need.
For the need that is so strong.
For these words that I do read,
Brings the money right along.
Brings the money without waiting.
Brings the money right to me.
Brings the answer to my waiting.
Suddenly I will be free.

Look hard into the smoke of the incense and, again, see the money
in your hands. Again chant.

*For the money that I need,
For the need that is so strong
For these words that I do read,
Brings the money right along.
Brings the money without waiting,
Brings the answers right to me.
Brings the answer to my waiting,
Suddenly I will be free.*

Close your eyes, place your fingertips on your temples and again see
the money in your possession. After a few moments of this visualization,
open your eyes again and chant.

*Suddenly I see the pile,
Suddenly I hold the sum,
Suddenly I end my trial,
For the money—it has come!*

If that doesn't work, try these two other chants for the same purpose:

*Out of nowhere,
Out of the air,
Out of darkness,
To aid me, I swear.
Pile upon pile,
Of silver, of gold
Come without warning
As you have been told!*

Or,
*Stream into the river,
River into sea:
Let the rivers of money
Flow straight through to me.
Swift is the current
And fast is the flow:
So let all my coffers
With gold overflow!*

As I said, I can't guarantee the above chants will work for you. I
haven't tried them. The reason I'm writing about them is precisely to
find out if they do work for those who have the inclination to try these
spells.

If they work and you get a windfall, don't forget to share your bounty.
That would be a good way of spreading the word around.

(Incidentally, a good number of readers have reported great success
in using the chants after reading this article in the newspaper and in
the first edition of this book.)



Questions on the Use of Chants

"I bought your book *Exploring the Powers of Your Inner Mind* and read every page of it," wrote a female reader from Gaudalupe, Makati, who prefers to remain unknown. "I'd like to be enlightened on how to use magic chants to bring money which you mentioned in your book. I'm desperate because I'm unemployed right now and would like to try it. Please answer the following questions:

1. "Is the incense you mentioned the same one being used by priests in blessings? Where can I buy this?"
2. "How many hours will I be sitting and chanting?"
3. "You said that five readers tried the chants and were successful. Did the money just appear in their hands or did they buy sweepstakes tickets and win?"

Before I answer your specific questions let me just state emphatically that I never promised that chant would work all the time. I was very clear in saying in my book that I never tried it myself. However, since the book was published I have received many reports that people who have used the technique achieved positive results with it. So it's worth trying. What is important for achieving success is one's strong desire, his belief that the techniques will work and his expectation that the results to follow with no doubt at all. This technique will usually work if you have the above factors. Now to answer your questions:

1. You may use any kind of incense available. You may buy it in China town or in a Chinese or Indian temple. If you can't find any, then use a candle. These objects are merely used to focus one's attention to the present task. They have no other

metaphysical properties, although I have heard some people say otherwise.

2. About fifteen minutes of chanting on average should be sufficient to achieve good results if done regularly. You don't have to count the minutes and seconds, or you will be distracted.
3. If I recall correctly, the money didn't just appear in their hands like magic, neither did they buy sweepstakes tickets that won. It was more ordinary than that. One was able to collect from somebody who owed her money, another I think got a raise, and still another got an unexpected bonus or commission. Perhaps in your case, money may just appear in your hands! Do you believe that?

Seriously speaking, if your visualization is crystal clear, and your belief, desire and expectancy are strong enough, you will surely get what you want.

To Produce Rain, Try Magic

During periods of drought, the Philippine Air Force would seed the clouds with silver iodide to induce rain, sometimes with little or no effect.

But lose no hope! If everything else fails to produce rain, try primitive magic. How's that? you may ask. Let's consult an authority.

Sir James Frazer's monumental book, *The Golden Bough*, the classic and authoritative work on ancient and primitive myth, magic, religion, ritual and taboo, describes several methods how various people have induced rain during a drought.

In primitive societies, and even in some modern ones, the rainmaker (usually a shaman or medicine man) is a very important personage. According to Frazer, the techniques they use are commonly, though not always, "based on the principle of homeopathic or imitative magic."

Thus, if they wish to make rain, they stimulate it by sprinkling water or mimicking clouds; if they want to stop rain and cause drought, "they avoid water and resort to warmth and fire to dry up the abundant moisture."

Among the many methods of inducing rain used by various communities that Frazer described in the book, the following are typical:

In a village near Dorpat, Russia, three men would climb up the fir trees of an old sacred grove. One of them drummed with a hammer on a kettle or small cask to imitate thunder; the second knocked two fire brands together and made the sparks fly, to imitate lightning; and the third, who was called "the rain-maker" held a bunch of twigs with which he sprinkled water from a vessel on all sides.

In the village of Ploska, women and girls go naked by night to the boundaries of the village and there pour water on the ground to induce rain.

In Halmahera of Gilolo, a large island to the west of New Guinea, a wizard or shaman makes rain by dipping a branch of a particular tree in water and then scattering the moisture from the dripping bough over

the ground. In Ceram, it is enough to dedicate the bark of a certain tree to the spirits, and lay it in water.

The American Indians are known to be able to induce rain by performing a ritual rain dance. Here's how Frazer described the process:

Amongst the Omaha Indians of North America, when the corn is withering for want of rain, the members of the sacred Buffalo Society fill a large vessel with water and dance four times around it. One of them drinks some of the water and spurts it into the air, making a fine spray in imitation of mist or drizzling rain. Then he upsets the vessel, spilling the water on the ground; whereupon the dancers fall down and drink up the water, getting mud all over their faces. Lastly, they squirt the water into the air, making a fine mist. This saves the corn.

According to Frazer, there is a widespread belief that "twin children possess magical powers over nature, especially over the rain and weather." It prevails among the Indian tribes of British Columbia.

In some South African tribes, says Frazer, when there's a drought, women strip themselves of all garments and put on instead girdles and headresses of grass, or short petticoats made of leaves of a particular plant. Thus attired, uttering peculiar cries and singing ribald (bawdy) songs, they go about from well to well, cleansing them of the mud and impurities which have accumulated in them....

Then the women go to the house of one of their members who has given birth to twins and must drench her with water, which they carry in little pitchers. Having done so, they go on their way, shrieking out their loose songs and dancing immodest songs.

No man may see these leaf-clad women going their rounds. If they meet a man, they maul him and thrust him aside. When they have cleansed the well, they must go and pour water on the graves of their ancestors in the sacred grove.

What do I think of such primitive, magical rituals to induce rain during a drought? Modern man will surely laugh at these primitive practices, but they must have been effective; otherwise these people would not have been doing it, would they?



Can't Get Through the Phone? Try Your Awesome Mental Power

I have always believed that the human mind knows no limits aside from those it accepts. In fact I have made that the motto of my Institute. But every time I hear of stories showing evidence of such tremendous powers of the mind I still cannot help being thrilled by them, as if I am hearing them for the first time.

Because such powers manifest themselves over a wide variety of human experiences and circumstances, let me just limit my examples to the effect of thoughts on the telephone, as told to me by those who have experienced them.

The most recent story was related to me by Ms. Lilia Adina, a jeweler and pawnshop operator and a participant in one of my seminars.

"I was waiting for the officer of a bank to finish his conversation on the telephone. After some ten or fifteen minutes passed and he had not yet hung up I became impatient. A thought passed my mind to cut the line off. Shortly afterwards, he put down the phone and, as he approached me, he said the line had been cut off. I was, of course, surprised but tried to hide a smile of success."

When hearing such a story for the first time, we are likely to dismiss it as mere coincidence, and we would be correct in thinking so, if it were the only case around. But that is not so. Throughout my many years of careful observation and documentation of unusual phenomena happening around us, I know such stories are not unique.

In fact the story of Ms. Adina made me recall another incident involving the telephone which was told to me by a friend many years back. Here is his unusual story.

I went to Tokyo, Japan after a long time that I have not visited that country. I had only \$5 with me because I had a Filipino friend who lived near the airport and whom I could easily reach by taxi.

When I landed in Japan, I found out that the airport had been transferred very far from Tokyo and would take more than one hour to reach. I was horrified to learn this because my friend did not know I was coming for a visit.

Fortunately, I had his phone number with me and I was able to talk to him and to ask him to fetch me at the new Haneda Airport. When he arrived he asked how I knew his new phone number. I said, I didn't, that I used his old number I had with me.

He looked at the number in my notebook and said, "That number had been changed".

They then expressed their amazement at how efficient the Japanese telephone system was compared to ours. They even had an automatic forwarding system, or so they thought, until his friend decided to check it out. He dialed his old telephone number while still at the airport and he couldn't get through. The operator said the number had been changed but did not give him his new number. He dialed several times and got the same answer.

"How did you manage to get hold of me using that number?" he asked, completely bewildered.

"Search me!" replied his friend.

His strong desire to contact his friend who was his only way of getting to Tokyo City must have done the trick. The fact that he did not know the number had been changed made him so confident he would be able to contact his friend at that number, and he did!

This story in turn reminded me of a more recent incident involving me and the cell phone of my accountant.

I was desperate to contact my accountant one Sunday morning because of a problem with my business license. It was important that I contact her that day because the next morning I was leaving for Cagayan de Oro City.

I was able to talk to her using her cell phone. I felt nothing unusual. But a week later, after I had come back from Cagayan de Oro, my accountant asked me, "How were you able to call me on my cell phone?"

"Why?" I asked her. "I just dialed your number and you answered."

"But I was sure I had turned off my cell phone the night before which was a Saturday because I don't use my cell phone at home, especially on a Sunday."

"Are you sure you turned off your cell phone?" I asked. "You may only have forgotten it."

"No way, I was sure I turned it off. I even remember not answering it at once when it rang because I wondered why it was ringing when it was not turned on."

"Did you check it after we talked if the cell phone was off?" I asked.

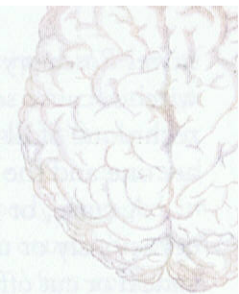
"Yes," she replied.

"And?" I asked.

"It was definitely off. I saw it."

How it happened, I cannot explain. I can only say it is not unique. Such incidents have been experienced by other people but they dismiss them as mere coincidence or they convince themselves that they might have made a mistake. But we know better now. The mind knows no limits aside from those it accepts. Thoughts have more power and energy than we suspect.

Are Curses for Real?



Is there really such a thing as a curse? If so, will an accursed individual or family show physical manifestations of this malediction? Can a curse be withdrawn or taken back?

A curse may be defined as any negative, harmful, or evil thought willfully and deliberately directed at another individual. It may be simple and brief, as for example, the curse you angrily utter when one motorist cuts you off on the road, i.e., "May you have a flat tire!" Or it may span generations, as for example, "May all your children and your children's children have bad breath!" Or it may be conditional and deadly, as the famed Pharaoh's Curse: "Anyone who enters and disturbs my tomb will die!"

Yes, there is such a thing as a curse, in the same way that there is such a thing as a blessing—its opposite. A curse is based on a harmful or negative "thought form" or "thought field." And since thoughts are powerful, possessing energy and vibrations, they can do either good or harm depending on how they are used. The Bible counsels us not to curse anybody because it knows the power of thoughts. Also, a curse directed at another may boomerang to the person who made it. In this sense, curses have karmic consequences, although karma and curses are not the same thing.

In its more elaborate and ritualized stage, a curse may graduate into sorcery, black magic or witchcraft. They all have the same basic elements—the power of concentrated thought and the will to harm another person.

In his book *Experiences of a Present Day Exorcist*, the Reverend Donald Omand opines that a great deal of "black magic" is the result of hostile thought pressure. He is firmly convinced, for example, that when a worker in a factory is "sent to Coventry" (an English term for ignoring a co-worker as punishment), the hostile thought waves from others may cause actual physical and psychological damage—quite apart from any effect that could be ascribed to the power of suggestion. In Ira Levin's

novel *Rosemary's Baby*, there is an episode in which a circle of black witches cause somebody's death by "ill-wishing." It is likely that the technique of ill-wishing and Rev. Omand's "hostile thought pressure" are one and the same phenomenon.

A curse, or even witchcraft, can affect a person only so far as he consciously or unconsciously believes in it. The cure, therefore, is to cancel or cut off the belief. If unconscious, it has to be made conscious and may even have to be materialized before the victim's very eyes to effect a cure. This is the task of a shaman, medicine man, or exorcist. I've seen healers materialize a cockroach, a thick bunch of hair, an abaca rope, and plastic from the stomachs of bewitched individuals. Once the offending objects are materialized and removed physically by the healer, the victim's symptoms disappear.

Sometimes, the ill effects are brought about by the fears and worries of the patient himself and not necessarily by any act of evil made by another person. Let me give you an interesting example which actually happened to a former officemate of mine.

I used to work in a polyester manufacturing company located outside Manila. Most of the middle and higher management personnel of this company were engineers and other technically trained professionals. One time, I was having lunch at the cafeteria when the electrical engineering superintendent, who had a master's degree in engineering, joined me at the table. The conversation turned to paranormal phenomena, which usually happens when I'm around. The engineer said he didn't believe any of the stuff I was talking about because they were "mere superstition and not based on science."

I didn't try to argue with him. Instead, I played a little psychological trick on him. I asked him if he believed in witchcraft and he replied in the negative. "Very well," I told him with a smile, "why don't we conduct an experiment? I have a friend who is a good *mangkukulam* (sorcerer). I'll ask him to get your stomach bloated for one day and let's see what happens. Would you agree?"

Upon hearing that, this man of science became visibly agitated and protested, "Of course not! Don't let him do anything to me!"

"But I thought you just said all this is superstition and not scientific? So why get scared?" I asked him.

"Never mind," he said, "just ask your friend to do that to my neighbor instead because I don't like him!"

This incident only goes to show that unconsciously, this "man of science" (or so he claimed) still believed in witchcraft, although consciously waving the flag of disbelief. True enough, immediately after that conversation, he suffered severe stomach pains for two days and blamed it on me, although I didn't even know anybody engaged in sorcery. The truth is, I only tested his belief system. He caused his own stomach trouble by his unconscious fears and beliefs. Most so-called modern and scientifically trained people behave the same way when confronted with the unknown.

The best defense against curses, negative suggestions, witchcraft and sorcery is objective, factual and reliable information about the hidden laws of the mind and of nature. The truth will set us free.

On Astral Projection and Astral Sex

Astral projection, the process in which the astral body separates itself from the physical, is not as strange as it may sound.

All of us experience astral projection during sleep but we are not aware of it. In fact, sleep takes place only when our astral body slightly or partially moves out of the physical. This is perfectly natural.

Nonetheless, some people still seem to be afraid of this phenomenon. A young lady once wrote me about her own experience in astral projection, and the questions that have been nagging her about it.

She recounted:

It all started five years ago... while I was lying flat on my back. Suddenly, I felt so light.

I felt I was being lifted up in the air. I looked down and saw myself. Then, suddenly, I felt I was closing in on the one down. After that, I woke up sweating and tired out.

There have been other similar incidents. Why and how does this happen? Is this some sort of paranoia, psychosis, neurosis, etc?

Astral projection is not an unusual event at all. It happens all the time, but we are often not aware of it.

The astral body is the exact counterpart of the physical body; that's why it is sometimes called the "double." It may be separated from the



ASTRAL PROJECTION

physical body at will and can travel anywhere in the world, including other planets. Most of the time, however, this happens involuntarily and unconsciously.

When we dream that we are flying, it is because our astral body is actually flying, although our physical body is lying still on the bed.

There are a number of individuals who experience conscious and voluntary astral travel. They will simply lie in bed or sit on a chair and wish their astral bodies to be separated from the physical and they can do it as easily as opening their eyes. When the astral body detaches itself from the physical body, a popping sound can sometimes be heard by the persons concerned. And then they will encounter the astral wind which is very strong.

Sometimes, they may experience the very process of getting out of the body.

Some are reported to go out through the navel and others through the crown of the head, i.e., through the "fontanel." It's not the same for everybody.

Some esoteric schools of thought teach their disciples how to get out of their bodies after they have mastered certain fundamental teachings. It is not taught mediately because the beginner may go on a "bad trip." A bad trip is one in which he goes into the lower astral planes and meets monstrous beings or elementals which can be very scary.

To avoid such experiences, one should attempt astral projection only with the noblest thoughts in mind and should invoke the protection of whoever he considers to be his highest ideal, e.g. Buddha, Jesus Christ, or similar divinities.

Among the esoteric groups teaching astral projection and soul travel are the Rosicrucians and the followers of Eckankar. I teach a more scientific or systematic way of getting out of the body consciously in my advanced ESP and Higher Consciousness seminar.

Eckankar makes a distinction between astral projection and soul travel, claiming that soul travel is a higher form of experience where one can actually get in contact with the masters or enlightened beings on the higher planes.

For most ordinary human beings like us, however, a simple ability to consciously project our astral bodies or our consciousness out of the physical body would already be an extraordinary experience. The

practical value of such an ability is that we can see things ahead and be warned of approaching danger. We can also understand better the nature of spiritual reality and lose the fear of death.

There are certain things that we can anticipate happening in the physical because we have already seen them on the astral planes and therefore can better prepare for them.

During times of physical or emotional stress or trauma, our astral body sometimes gets projected to people close to us.

Of course, science knows almost nothing about the astral world and, therefore, completely denies its existence and man's ability to get there. But just because orthodox science is ignorant of it does not mean it does not exist.

Is astral projection dangerous?

Astral projection, also known as out-of-body experience (OOBE), intrigues people no end, especially those who have undergone the experience themselves. But because the very experience is in itself strange and novel, many are worried about the dangers that may occur in the process of astral travel.

Let me straighten out certain points about out-of-body experiences. First, it is a natural phenomenon which many of us experience without even becoming aware of it. When we dream that we are flying, for instance, our astral body is in fact flying while our physical body lies on the bed asleep. Some cases of *déjà vu* are also at times a result of an OOBE. A person may have gone to a place in his astral body, but he has forgotten the event. When he physically returns to the same place, he then remembers being there before. There's nothing mystical about this.

Second, when we are out of the physical body, our astral body remains connected to it by a band of energy called the "silver cord." This silver cord is flexible and may be stretched indefinitely without breaking or snapping. We can even travel to outer space without harm.

Third, when we are out of the body, we are always protected by our guides and other friendly beings in the spirit dimension.

So, generally speaking, spontaneous astral projection is not dangerous, especially when it happens during sleep or in the dream

state. What happens here is that the dreamer wakes up and finds himself out of his body and sees the physical body lying in bed. If fear doesn't get the better of him, and he remains calm and passive, nothing will happen. He can return to his body by merely thinking of getting back. But if he becomes afraid, or panics, it disturbs the delicate vibratory state which he is presently in and this may attract the negative astral entities or forces to him. The best thing to do is to utter a prayer of protection before he goes to sleep and not to panic when he finds himself out of the body.

What makes it difficult to remain calm, however, is that when you attempt to shout or touch your companion while you are out of the body, you'll find that you cannot do so, because you are no longer in control of the motor reflexes of your body. You are not only in another state of consciousness; you are also in another dimension or plane.

To stop yourself from going out of the body, some psychics have suggested changing your breathing pattern when you sense this happening to you. There are usually a few seconds when a person can feel the onset of an OOBE. Breathe rapidly to induce the speed of the brain waves toward beta and prevent them from slowing down to the alpha, and especially to the theta levels where astral projection usually takes place.

I don't suggest that you experiment with astral projection or OOBE without a knowledgeable guide or teacher, to avoid getting into the lower astral planes, or meeting negative astral entities.

Is there such a thing as astral sex?

Is it possible to have out-of-body sex with another in the astral plane? What would it be like? How would it be different from physical sex?

When I experienced in November 1975 what I now consider to be a case of astral sex, I didn't even know what the astral plane was all about, nor was I aware I could project my astral body out of the physical body.

Here is how I described that unforgettable mystical experience with a woman in my book, *The Psychic World and You*, which was published in 1982:

That morning of November 24th, Chicky came to my office merely to take a break from her marathon training session. We were not even talking of anything particularly deep or philosophical, just light conversation.

Then it happened. She was seated in front of my desk, very relaxed, easy. Then I saw the momentary transformation of her personality from vivacity to one of a mysteriously silent nature. Her facial expression was transformed from a bubbling, animated girl to that of a woman of mystery. We both suddenly became silent.

She began looking—no—staring at me in her most unique way. It was a deeply penetrating, yet soothing kind of look. She had a way of looking that cut deep into one's soul, a probing kind of look, as if she was trying to search for something inside me which was beyond the physical.

I could not keep my eyes away from her, neither could I talk. There was no need to. At that moment, I saw nothing more and time stood still. Everything faded except her face. We kept staring blankly at each other without saying a word—yet there was a perfect and absolute communication of thoughts and feelings—no, it was more than this. It was simply a unique experience of soul-to-soul communication.

At that moment, I felt myself being buoyed up. I sensed a certain lightness, as if my soul consciousness literally left my physical body and merged with hers. At that moment, our two souls or consciousness were one. The intensity of feeling was completely out of this world!

The feeling of ecstasy grew in intensity and we both knew that each of us was feeling exactly the same thing at that precise moment. We were spellbound. Then the feeling of being high gradually decreased, the glow or aura on her face subsided and we simultaneously reached for each other's hand across the desk without saying a word.

The experience left both of us breathless and quite dazed, as though we were drugged. For a few moments we were left speechless and motionless in our seats.

The experience probably lasted no more than three or five minutes, yet left a profound mark in our inner selves. Probably more in mine, for it was the first time I had encountered such an experience.

When we both came back to our normal selves, I asked her, though I already knew what she would say, how she felt.

"I saw you... I just saw the real you," she said. "I felt very light... like I was floating. Then I felt myself going inside you... I mean inside your soul, your very essence. It was such a beautiful feeling. Something very intense, very meaningful, happened inside me. I felt we were one... literally."

I tried very hard to describe the experience to her. But words were inadequate. I told her I felt like we were making love with each other in a non-physical way and then having an orgasm.

She corrected me and said, "No, it was more than an orgasm—more intense ... deeper ... yet there's no way to describe it except, yes, like an orgasm."

She said she also saw the same thing I saw in her. I was literally aglow. She saw my aura, too. At that moment, we both felt we were one with the universe, in a most literal sense.

There were lots of questions I asked myself at that time—questions that nagged me for weeks and even months without a satisfactory answer.

Were we both out of our physical bodies at that time? Did our two bodies merge? Were we communicating on the astral plane which occultists and theosophists insist really exists? What was the meaning of this experience, if there was any meaning to it at all?

It took me years to finally understand and accept the reality of astral projection and the possibility of having astral sex with another human being. I soon discovered I was not alone. There were others who have experienced the same astral intimacy and have written about them.

Robert A. Monroe, a man with a highly technical corporate background, has written several books describing his numerous experiences in astral projection. In *Journeys Out of the Body*, Monroe included a chapter on "Sexuality in the Second State." He calls the projected astral body the "Second State."

He described the astral sex experience not as a sexual act at all, "but an immobile, rigid state of shock where the two truly intermingle, not just at a surface level and at one or two specific body parts, but in full dimension, atom for atom, throughout the entire Second Body. There is a short, sustained electrical flow from one to the other. The moment reaches unbearable ecstasy, and then tranquility, equalization, and it's over."

Astral sex has no comparison with the physical sex act. It's different. But even that word "different," according to Monroe, is inadequate. The sexual action—reaction in the physical sense," according to Monroe, "seems like a pale imitation or a feeble attempt to duplicate a very intimate second body form of communion and communication which is not at all 'sexual' as we understand the term.... There is no evidence of the male-female interpenetration. Attempts to express the need in such a functional manner become pathetic in retrospect."

The more I read of various accounts of astral projection written by different knowledgeable individuals, the more convinced I become that what Chicky and I experienced was indeed astral union of the most exquisite kind.

Melita Denning and Osborne Philips, for instance, describe the meeting of two astral lovers in their book, *Practical Guide to Astral Projection*, in this manner:

"Both partners go forth to their astral meeting in their radiant forms (i.e., astral bodies). As they approach one another, they will be able to see joy and desire reflected each in the other, not only in their astral vehicles themselves but in the changeful and lovely aura of vivid colors surrounding each; colors which as the lovers unite in an embrace that is an entire ecstasy, flash and whirl, and coruscate in rainbow hues, climaxing into golden flame."

After that fateful day in November 1975, I never saw Chicky again. She soon afterwards got married to her American boyfriend and left for the United States to settle there. But that awesome mystical experience I had with her will forever remain etched in my soul, for it was a moment akin, not to sex, but to cosmic consciousness no less.

Questions on Astral Projection and How to Do Astral Sex



Reader Elpido P. Gelacio of Antipolo, Rizal wants an explanation of his experiences in astral projection while a lady reader from Olongapo City wants to know what "soul sexual intercourse" is and whether it can be done with anybody other than one's soulmate.

Mr. Gelacio has experienced getting out of his body while dreaming and seeing his physical body lying in bed asleep. One time he experienced dreaming of fighting with enemies and he would fly on top of tall coconut trees to rest and then fight again. He sometimes finds difficulty getting back to his physical body. Although his eyes are closed he could see the things in his room. He felt he was having a *bangungot*. He wants to know if the *bangungot* is real.

Many individuals experience going out of their bodies in the dream state. This is not really a rare phenomenon. When we dream we are flying, it is because we are flying in our astral bodies while our physical bodies are lying in bed asleep.

Dreams of fighting with enemies are due to our inner fears or conflicts. These fears are dramatized as fighting demons which are inside us.

When we are out, we of course cannot move our physical body. It's like having a driver go out of the car and making him move or drive the car. He can't do it—unless he has extraordinary telekinetic powers.

The *bangungot* is real. It is experienced mainly by Filipinos and Vietnamese nationals for no known reasons. The medical theory behind the phenomenon, which is usually fatal, is that it is caused by "acute pancreatitis" resulting from a heavy carbohydrate meal before sleeping. But I think there's more to *bangungot* than just pancreatitis. I believe it has something to do with going into the lower astral planes while asleep and encountering negative spirits.

How to do astral sex

From a lady in Olongapo City, asking about astral sex and how to do it: "What is soul sexual intercourse? Can anybody do it with someone other than one's soulmate? What happens or how does one feel when one engages in it? Can it be done without the knowledge or consent of the other? Who does it, the male or the female? What's the difference between soul sexual intercourse and that of spirit having sex with a woman, if there is such a thing?"

I think what this reader is referring to here is astral sex. It may be described as the union of two astral bodies, one male and the other female, in the astral plane.

Robert Monroe, who has written several books about his numerous out-of-body experiences, described what the experience is like to have astral sex, or what he termed "sexually in the second state." He said that astral sex is not a sexual act at all, but "a mobile, rigid state of shock where the two (astral bodies) truly intermingle, not just at a surface level and at one or two specific body parts, but in full dimension, atom for atom, throughout the entire Second Body. There is a short, sustained electrical flow from one to the other. The moment reaches unbearable ecstasy, and then tranquility, equalization, and it's all over."

I don't think this can happen without the implicit or even unconscious consent of both parties concerned. It can't be forced either, because it happens spontaneously.

Both parties go out of their bodies, or at least they are in another state of consciousness, and their two astral bodies or consciousness merge completely with each other. There is no comparison between the astral experience of sex and physical sex.

The incubus experience is something else. This refers to an evil and sex-starved male spirit having sex with or sexually molesting a woman against her conscious will. Here, there is force involved or lack of consent. It is usually an unpleasant and terrifying experience. Not so in the case of astral sex, which leaves the two parties completely ecstatic and fulfilled. Unfortunately, I do not know of any method or procedure for doing astral sex at will, if at all. I suppose this is not for everybody. Maybe I was just lucky to have experienced it.

Can a Psychic See You Naked?

Two of the most common fears people (especially women) have about psychics is that they may read their minds or see them while they are in the bathroom. These fears are based on a lack of understanding of the laws governing the psychic world. What we have discovered and observed in our ESP and mind development seminars is that we are adequately protected from unwanted psychic intrusions of the curious type.

Let's talk about the first fear, namely, mind reading. No one can read your mind if you truly do not want this to happen. This is the reason why fortune tellers, no matter how good they are, sometimes fail to give a satisfactory psychic reading on a client. On the other hand, there are persons who are easily read because they are so open and honest about themselves and have no need to hide anything from another person.

In one ESP class I conducted, for instance, one participant complained that he could not get any psychic impressions about the lady partner he had chosen in class for an experiment on mental telepathy. He thought that he just couldn't do it, until the lady revealed that during the exercise, she put up a mental shield around her and said to herself that her partner would not be able to see anything about her. In the next exercise, which was remote viewing, I requested this same girl to cooperate and put down her defenses. This time, her partner was able to describe her house accurately and without great difficulty.



FROM THE DECAMERON TAROT
DECK, ARTWORK BY
GIACINTO GAUDENZI

Here's another interesting, if not amusing example. One time, we had an ESP seminar participant who was a Catholic nun, but who came in layman's clothes that bore no signs of her religious background. During the remote viewing session, her male partner described her house as having many corridors and arches. But when he tried to enter the building, he simply could not do so, much to his puzzlement. "The external features of the building were very clear to me," he recounted, "but not the interiors." It was only later that his partner revealed that she was a nun who lived in a convent where men were not allowed to enter!

The other fear most people have about psychics is likewise unfounded. No one can psychically see another person either naked or taking a shower unless that person allows it in his or her subconscious mind. If a woman, for example, has no qualms about other people seeing her naked, especially if the idea exists in her subconscious, then she can mentally be seen naked through remote viewing, a psychic process which is a form of clairvoyance. It is truly up to the individual to reveal herself or not in the psychic realm.

Again, there are spirit protectors in the spirit world, as well as our own higher selves, who are effective guardians of our inner realms. Our spirit guides are with us twenty-four hours a day and they never sleep. We should learn how to contact and work with them for our own spiritual and psychic advancement.

Using Dreams to Solve Problems

Everybody dreams, even those individuals who say that they can't remember a single dream. For dreaming is an essential and natural activity of our sleeping mind. We spend one-third of our lives asleep. And so, dreaming comprises a large chunk of our mental activities.

But what exactly is a dream? Why do we dream and what can we get out of our dreams?

Dreaming has been defined as "the language of the subconscious mind." Because it is a language, it has its own rules of grammar, punctuation, structure and rhythm. Once we learn the language of our dreams, it becomes relatively easy to understand their meaning.

Why do we dream? There are many reasons for this. First, a dream can serve as a warning for a future event so we can prepare for it. This is usually the reason why we dream of impending deaths of close relatives and friends. We are being prepared for the tragedy, so that its emotional impact on us is lessened. If it is about an accident, perhaps we can warn the people concerned.

Second, a dream can give us insights into our present situation. For example, our state of health, relationships or spiritual life.



THE ENGLISH POET WILLIAM BLAKE WAS ALSO A PAINTER AND A VISIONARY. HE WAS FASCINATED WITH THE SYMBOLISM OF DREAMS, AND WAS FREQUENTLY INSPIRED BY THEM. THIS PAINTING, *QUEEN KATHERINE'S DREAM*, IS TYPICAL OF HIS FANTASY.

Third, a dream can give us clues about who we were in a past life. When one dreams of an old civilization, or a strange country with a strange language and costume one has never seen in this life, it may be indicative of a past-life memory.

Fourth, a dream may contain important messages from dead relatives or the spirit world in general. This usually happens during birthdays, death anniversaries or important events in the life of the dead (no pun intended).

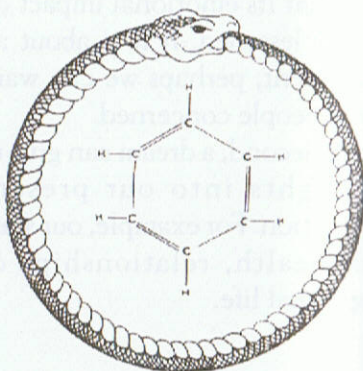
Fifth, often a dream may serve as a venue for the psychological fulfillment of a waking desire. A young woman may secretly wish to have a date with her best friend's boyfriend. In her dream she can have him all by herself.

Sixth, a dream may contain solutions to a problem we may be having. Dreams can offer highly creative and unique solutions to problems. All we need to do is ask for the solution before sleeping.

Solutions to difficult problems we may be working on often appear in dreams in symbolic language that is not easy to understand without sufficient experience. Some great scientific breakthroughs were a result of dreams.

Dutch Chemist Dreamed of a Snake Biting Its Tail

Do you know how organic chemistry came about? It was through a dream. The great Dutch chemist, Kekule, was working very hard on the molecular formula of Benzene when he fell asleep and had a dream. He dreamt that molecules were dancing before him. Then they turned into a snake biting its tail. The strange figure the snake assumed attracted his attention. When he woke up, he realized that the strange shape the snake assumed, i.e., a loop, must be indicative of the shape of the formula of Benzene. It turned out to be correct. And that dream of Kekule gave birth to organic chemistry.



How Cannibals' Spears Became Sewing Needles

Here's another classic example. Elias Howe got the idea for a sewing machine needle from a dream he had. Elias dreamed he was caught by a tribe of cannibals and they were about to eat dinner. The problem was, he was the main dish! They placed him in a big cauldron and began cooking him. While he was there, he saw the natives dancing around the cauldron, each of them holding an upright spear whose pointed blade had a hole in it. He wondered why those blades had holes in them. Then he woke up. That's how he got the idea of placing a hole in the head of the sewing needle.



ELIAS HOWE

Dreams can help us find solutions to perplexing problems we may be facing in our waking state. All you have to do before sleeping is to suggest to your subconscious mind to give you a dream that will contain a solution to your problem. Repeat this suggestion over and over again until you fall asleep. If done consistently, you will wake up one morning with a solution. When giving such a suggestion to your sleeping mind, you must be alert to the answer given in your waking state because this may not be given in very clear terms. The dream can be symbolic, or it may lead you to a person, a place or a book that will contain the solution to your problem. You have to pay attention to these hints or clues.

How a Dream Caught a Swindler

At the tender age of twenty-two, my son, Jolan Alexander, was already a budding businessman. During the 1992 presidential elections he and his girlfriend Eden Abraham Sy (who later became his wife) were engaged in selling ready-to-wear clothes. They decided to gamble on a million-peso deal with a man who was to supply them with white T-shirts to be stamped with any candidate's face for political propaganda purposes.

The two trusting youthful entrepreneurs gave the supplier P100,000 cash as down payment for an initial delivery of T-shirts after seeing his impressive credentials. Because election time was fast approaching, my son started following up the delivery of the T-shirts. The supplier became as hard to trace as a terrorist. He never returned the calls and when my son checked the residence address he gave in Ayala Alabang Village, he found that the man did not live there. Jolan also checked the office the supplier gave and found that he had not reported there for some time. No one could give him a lead where to find the guy. He had disappeared like the dodo bird. So my son sought the help of the Police Constabulary (PC) CIS department to try to trace him. Meantime, my wife helped in looking for him by calling on her contacts to trace his cell phone, credit cards and other confidential data.

Then one night, as my son continued to think of how to recover his hard-earned money, he fell asleep and had a dream. (He learned how to incubate a dream to solve problems in my seminars.) He dreamt that the hard-to-find supplier was driving his Toyota Hi-Ace in Makati and he remembered the surrounding buildings. He also noticed the time was towards noon. When he woke up, he recalled the building where the supplier had parked in his dream. It was somewhere behind a fast-food chain store along Paseo de Roxas.

The next morning my son parked his car behind the McDonald's outlet along Paseo de Roxas and waited for his quarry. He had alerted the CIS team that he had a feeling the culprit would show up at the parking lot. True enough, at around 11 pm, he spotted the supplier's Toyota Hi-Ace coming in and it even parked not far from him. My son at once phoned the CIS agent who immediately collared the embezzler. To cut the story short, he got his money back, less of course some reward money for the boys who collared the culprit.

That's how a dream helped catch a swindler.



JOLAN LICAUCO AND WIFE EDEN

Modern man seldom pays any serious attention to his dreams. He does not consider it important enough to spend time on.

Yet dreams contain some of the most useful information for our own mental and physical health, our relationships and inner life.

As civilization progressed, man's attention to his dreams diminished. Pre-civilized man was more in contact with his inner self than we moderns. And there's much we can learn from him.

The Senoi tribe of Malaysia and also some American Indian tribes do not make a distinction between the waking state and the dream state. In the Senoi tribe, if a person dreams of hurting somebody, he is required by tribal law to apologize to that person in his waking state. If he dreams of a danger that a person will meet in the future, he is bound by tribal law to warn that person in the waking state.

Since nothing is hidden to the subconscious mind (it has knowledge of past, present and future events), properly interpreting or knowing the meaning of dreams can be very useful and important to any person—primitive or modern.

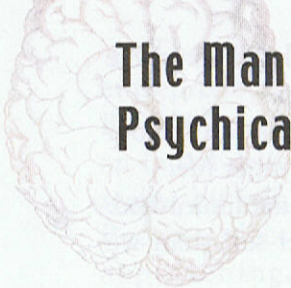
Perhaps more than just a problem-solving tool, dreams can be a means for inner transformation. Not all dreams are of this nature, but those that are, it can change a person's life forever.

A classic example is Joan of Arc's dream that transformed this French peasant maiden into a formidable warrior who led an army to free a nation. Her dreams of hearing various voices telling her what to do extended to her waking state and she followed them faithfully.

In dreams, the higher spiritual world speaks to us to guide, inspire and make us realize our higher selves. That's how dreams become tools for inner transformation and renewal.

Dreams should never be ignored no matter how meaningless or insignificant they may seem. A few minutes' reflection or analysis can reveal a dreams' innermost meanings and secrets that can help us better understand our lives and our role in the scheme of things. Keep a dream journal where you can write down your dreams and review it periodically. You may be surprised at what you can discover about yourself and the world around you.

Dreaming, the language of the subconscious, is also the language of our higher selves. Through dreams the spirit world speaks to us.



The Man Who Can Smell Disease Psychically

The unusual but true psychic experiences of a twenty-three-year-old bank employee, whom we shall call George, illustrate how psychic functioning differs from individual to individual.

Psychic perception apparently depends on which physical sense is most highly developed in a person. If a person is visual, he will be clairvoyant, i.e., he can "see" things from afar. If auditory, he will "hear" things; if gustatory, he will "taste" things; if tactile, he will "feel" things; and if olfactory, he will "smell" things from afar. The most common manifestation of psychic functioning is visual, auditory and tactile. Seldom do I encounter a person who uses the sense of smell or taste when psychically perceiving things.

George is one individual who discovered during my seminars on ESP and inner mind development that he smells things psychically. This is how he described those extraordinary experiences.

My intention in attending the seminar on inner mind development was just to improve my dream interpretation and to have peace of mind, since at that time our family was in a state of turmoil. On the first two days of the seminar, I was a bit skeptical and scared, because I had no idea about such subjects like telepathy, chakras, meditation and psychic diagnosis. I am a Mathematics graduate. Fortunately I was able to cope with the lessons although I was the youngest participant in that class. Many times, however, I felt frustrated because I could not experience what my classmates saw and felt.

On the third day of the course, we had an exercise in psychic investigation or reading. My partner was Cynthia, an interior designer. As I was mentally scanning her body, I smelled a foul odor in her gall bladder. At first I thought the odor came from my other classmates. After the exercise, I told her what I sensed. With surprise, she told me she had an operation on the gall bladder. I considered that a mere coincidence.

In another exercise we were asked to describe a person's appearance and to diagnose his illness given only the name, address, age and sex which our partner knows. As instructed I went to a relaxed mental state called "the alpha wave." As I scanned the subject's body mentally, I smelled something fetid in the heart area and in the circulation. I interpreted that to mean that the subject had high blood pressure. When I told my partner what I had sensed, she told me that the subject I scanned was in good health and had never suffered from hypertension. I was, of course, disappointed. A few weeks later, I met Cynthia again but this time in the Basic ESP and Intuition Development seminar which we were both attending. She told me that the person I had "smelled" had just suffered from high blood pressure. Again I considered that to be another coincidence.

In one exercise we were asked to do in the ESP course, my partner was a woman named Cleo. The task was to read our partner psychically without talking to him or her. When I went to the alpha state I smelled something pleasant around her head. I found out she was a doctor of medicine and a psychic.

During a psychometry exercise in the same course, we were asked to "read" an object inside an envelope belonging to one of the participants, without opening it. While holding the envelop, I sensed that its owner has a diseased gall bladder because I smelled something disgusting in that part of her body. I found out later that the envelope belonged to Cleo. She told me that she had gall stones. Another coincidence, I said.

During a meeting of the Inner Mind Association of the Philippines (IMAP) which I attended for the first time, we did a psychic reading and diagnosis exercise. I was seated next to Linda, a woman I had never met before. During the exercise I smelled a foul odor beginning at the eye level and going up to her head, when I told her what I smelled, she was amazed and told me she had migraine.

By this time, George was beginning to see a very distinct pattern emerging in the way he perceived things psychically, which was different from the rest of the people he had met or read about.

"A few months later," continued George, "I attended another meeting of IMAP where we did a similar exercise. This time I was seated next to Mr. Nel. As I was scanning his body mentally, I smelled again a foul odor in the liver and the eye areas. He told me that a few years back he suffered from hepatitis, a liver problem which causes the eyes to become yellowish. Another time I smelled something in the eye, the

person said he was suffering from astigmatism. Still I wasn't convinced I could do this."

Because of his ability to smell things psychically, George has been dubbed "The Nose" by his IMAP friends. He told me, in response to my questions, that his ability to smell what is wrong with a person is not affected even if he has colds or cough.

Lately, he told me he could also smell if something's wrong with a person's chakra or psychic center.

George's ability to read a person's health condition by smelling it psychically, which is technically known as clair-olfaction, is quite rare. Very few possess this type of psychic ability. And although George was reluctant to accept this fact at first, he is now beginning to be at ease with it. As he gains more experience with it he will become more and more efficient in exercising his unique gift.

Keep Your Brain Young Through "Neurobics"



We've all heard of the old dictum: "Use it, or lose it," which usually refers to the way we learn new skills, like typing or skating. Physically doing something over and over again strengthens our body's "memory" of an activity until it becomes automatic.

This is true for our body which contains muscles that can be trained to perform certain tasks. But our brain has no muscles. So how can it be trained to remain strong and pliable, even up to age ninety?

Well, if the body has its aerobics, the brain now has its neurobics, a training program intended to enrich the connections between brain cells (called neurons) and thus keep the brain young and healthy.

The term "neurobics" was coined by Lawrence C. Katz, Ph.D. and Manning Rubin, authors of the book *Keep Your Brain Alive*. Neurobics consists of doing ordinary activities in new or unexpected ways that can strengthen brain-cell performance even at an advanced age. What are some examples of neurobics? "Rearranging the items on your desk, brushing your teeth with the opposite hand, or taking a new route to work." Doing any task that we don't habitually do will strengthen the brain's power.

If two groups, one older (in their seventies) and the other younger (in their twenties) were given the same overall memory test, which do you think will get a higher score? If you placed your bet on the twenty-year-olds, you would have lost. The seventy-year-olds beat the young ones in an actual study conducted by psychologists.

But these were not ordinary 70-year-olds. They were all mentally active, alert and curious. They read a lot and were also physically active. But for short-term memory, the younger ones beat the older ones.

Katz and Rubin probably got their idea for neurobics training from reported experimental data showing that rats that were placed in a rich and mentally stimulating environment, where they were made to solve problems daily, go through mazes and remember ever-changing

environmental conditions, increased the glial cells and reticular formation in their brain by twenty-five as compared to rats placed in a monotonous and boring environment. Glial cells and reticular formation are associated with intelligence.

Whether such activities in experimental animals would hold true for humans is still a matter of debate among scientists. There are as yet no adequate clinical data available indicating that solving crossword puzzles and playing Scrabble and other mental games will boost a person's IQ.

But other interesting facts are beginning to emerge in the field of neuroscience. For example, it was discovered that, although brain cells or neurons may shrink as a person ages, and die by the thousands soon after birth, as believed by scientists, the brain exhibits a high degree of plasticity and growth through new neural patterns and interconnections, which can go on even at advanced ages provided the brain cells are constantly stimulated.

However, not all researchers believe that neurobics strengthens brain power. Dr. Richard Snowdon, professor of neurology at the University of Kentucky's Medical Center and author of *Aging with Grace* believes that "mental stimulation in adults may have only a negligible effect in reducing the risk of Alzheimer's." He believes that mental stimulation during the first twelve to fourteen years of life is the key to a healthy brain in the older years. He says, "The evidence is growing that physical exercise is important in a variety of chronic diseases, including brain diseases. If you have to choose between a crossword puzzle or exercising, get out the door and exercise your entire body."

What's the connection? First, physical exercise boosts circulation, including blood flow to the brain, which uses twenty-five percent of the oxygen entering our lungs. Second, it bolsters brain-nurturing chemicals such as neuropeptides and endorphins. Third, it reduces stress which has been shown to damage the brain. Fourth, physical activity can also ease depression which slows down thinking and mental alertness.

The old saying, "You can't teach old dogs new tricks," may no longer hold true with the advent of neurobics.

8

Common Questions About Inner Mind Power



Who Discovered ESP?

From Ria Berden, a third year high school student of the School of Holy Spirit in Quezon City comes the following important and fundamental questions regarding ESP:

What is extrasensory perception? How was it discovered? Who possibly started the idea?

ESP refers to those mental abilities or direct knowing which do not pass through the ordinary five senses of man. That is why it is called *extrasensory perception*. However, the term is not really a good choice because it implies the existence of an extra or sixth sense in man which is not true. We only have five senses. ESP only means a person is able to use some untapped portions of the brain which we all have. In other words ESP is possessed by every normal human being and is not a property of only a chosen few.

Dr. J. B. Rhine of Duke University in North Carolina, U.S.A. is considered the father of ESP research and the one who coined the term "extrasensory perception." Using strict scientifically controlled conditions, he tested thousands of people for the existence of such ESP abilities as telepathy, clairvoyance, precognition and psychokinesis in the 1930s.

In one of his telepathy experiments Dr. Rhine's assistants tried to transmit messages to people in the laboratory, sometimes from miles away. Dr. Rhine found that certain people nearly always got a higher percentage of right guesses than the statistical possibility of one in five.

In another series of experiments lasting eight years he showed that the mind can influence the fall of the dice and that a person's psychic powers are greatest when he or she is enthusiastic and alert, but decline when he or she is tired or bored.

Is the brain working when applying ESP?

The brain never really rests. It is always working. However, according to modern researchers who have investigated this, the right hemisphere of the brain seems to be more involved in ESP compared to the left hemisphere. Also, the ability appears to manifest more easily when the brain waves slow down to the alpha rhythm which is about seven to fourteen cycles per second. For telekinesis the brain must slow down further to the delta wave which is almost zero to four cycles per second.

When do we consider an experience as psychic? Please give a few anecdotes or examples.

When knowledge or perception is gained without the apparent use of any of the five senses, for example, when your friend tells you that her grandmother has just died without being told about it. Next day comes the news that her grandmother indeed died the day before and at the time she said it.

Another example is when you see a spirit which others do not see. That means you are clairvoyant.

Is science still opposed to ESP?

Traditional, materialist science still does not accept the existence of ESP, although in 1969, parapsychology, the science that studies ESP, was accepted in the Academy of Sciences. Some skeptical scientists regard the study of ESP as something not worthy of their time. However, a number of physicists have found many of the ESP phenomena consistent with their findings in quantum physics.

Is ESP contrary to church doctrines? How does the church regard psychics in society?

As far as I know the church does not oppose ESP per se. In fact many saints and holy men in church history possessed remarkable ESP

abilities. The Bible itself is full of stories of men and women who could foretell the future, talk to angels, perform miracles, etc.

Jesus Christ himself is reported to have been able to read people's mind, predict the future, walk on water, heal the sick and change water into wine through the use of his psychic powers. Of course, church authorities do not refer to these as psychic abilities but if you examine the acts themselves, there is absolutely no distinction between his actions and the psychic powers displayed by certain individuals.

And Jesus Christ himself said that all the things he has done and even more we can do. So, how can ESP be against church doctrines?

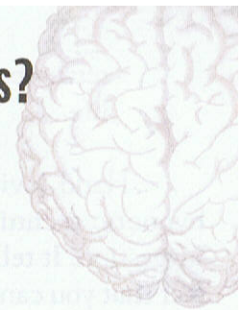


POPE JOHN PAUL II WITH JAIME T. LICAUCO.

What are the uses of ESP socially and politically?

If we all develop our inner faculties, part of which is ESP, we will have a better world in which to live. We will become more sensitive to the needs of our fellowmen, we can anticipate the future and avoid accidents and problems. We can better improve our economy, politics and society. We have so many potentials as human beings, but we are not using them. According to Dr. William James, who is considered the father of modern psychology, man uses only ten percent of his brain capacity.

How Can I Control My Psi Powers?



A reader sent in the following letter:

I am bothered by certain psychic perceptions I have been experiencing since I was a teenager. I could foresee future events with 100 percent accuracy; unfortunately, these are usually forebodings of doom. Oftentimes, I am overcome by a feeling of déjà vu when I arrive at a new place or while in the middle of doing certain activities. I could make a person's hand go up without touching it or exerting the least effort.

I do not have complete control over these gifts. It's like having another person inside me. What can I do to gain control over these gifts? Where do these psychic perceptions come from? Are these a manifestation of a single gift or are they different from one another?

Precognition, or foreknowledge, is usually of negative events such as disasters, deaths, accidents and the like, because these are very emotionally charged and therefore more easily transmitted and received compared to neutral events. Nostradamus, for instance, even foresaw disasters and catastrophes which were centuries ahead of his time.

A déjà vu ("already seen") experience can be due to any of the following factors:

1. You may have dreamt of an event or place and when you see it in actuality, you remember having seen it before.
2. You may have projected your mind into the future. Perhaps your astral body even went into the future ahead of you, so when you actually encounter on the physical level, you recall having experienced it before.
3. It may be a piece of reincarnational information. You may have been in that same place before this lifetime and your soul

remembers it when you encounter the same place in your present life.

Hand levitation, which you said you can do to another, is a hypnotic technique used to test the susceptibility of a person to a suggestion. It tells you if a person can be easily hypnotized or not. The fact that you can make others do this means you will make a very good hypnotist.

You may feel as though there's another person inside you, as you pointed out, but it is really you.

Your abilities come from the wellsprings of your very soul. They are natural psychic abilities and are not at all supernatural. You don't have to worry much about the source of these powers. Everybody has them to a lesser or greater degree. Yours is only more highly developed than others.

You can gain control over them by the exercise of will and by meditation. Daily meditation is very important. You must also invoke the protective mantle of God, whatever your religion is. Edgar Cayce suggests invoking "your Highest Ideal." Call on that source of energy every time you meditate.

Is psychic ability a single gift or several? There is only one consciousness; there is a single gift, but it manifests itself in various ways. One type is not necessarily superior to another. Concentrate on that which you do best. Other powers will follow when the time is right.

You are lucky to have a highly developed psychic ability by nature. Others try to develop this for years and yet cannot attain the degree they want. I suggest that you read books on the subject and attend good seminars to know more about these powers that you have, but be extra careful as to which group you choose to affiliate yourself with.



YOUNG GIRL OR OLD WOMAN?

Can Hypnosis Improve One's Mental Ability?



Reader Eddyx John Ballesteros e-mailed the following questions (in italics) about hypnosis.

1. How accurate are the stories that one can improve a person's mental ability through hypnotism? If true, to what extent does it increase the brain's performance?

There have been some scientific experiments which showed that hypnosis and even regular meditation can help increase a person's mental ability or IQ, but the percentage of increase is not high. However, there is strong evidence to show that memory can be improved significantly through hypnosis or hypnotherapy.

2. Does one need to be hypnotized only once or will it require several sessions? Are there side effects?

The hypnosis must be done over a certain period at regular intervals to show any change in the mental performance of the subject. I am not aware of any side effects of hypnosis if done by a competent and ethical hypnotherapist.

3. Once it works, is there a chance of regression or of reverting back to the original mental ability? What can be done to prevent this?

The hypnotherapist usually gives a posthypnotic suggestion to prevent this reversal from happening. And as long as the subject continues exercising his brain, it will remain strong and agile.

4. Do you know anyone doing this?

I've heard of a medical hypnotherapist holding office at the UE Memorial Hospital some years ago. I've forgotten his name and I don't know if he's still alive. No harm in enquiring. I think Fr. Jaime Bulatao, S.J. of Ateneo used to do this but I'm not sure if he is still active nowadays. My former assistant, Ms. Frances Gloria, is a certified hypnotherapist and accepts different cases, including regression into past lives and progression.

5. Can one learn to do this by himself? What books can you suggest? I don't know which authors are genuine and which are not. Are there dangers to the practice?

Yes, one can learn to hypnotize oneself. This is called "self-hypnosis." You can also learn the practice through books, but it's better if taught personally by a competent and well-trained person.

Many of the good books on hypnosis that I've seen in the bookstores some years back are no longer there, such as *Hypnosis for Change*, which is very simple and practical. You may enquire about this book from any bookstore.

As a last word of caution, do not allow yourself to be hypnotized except by a competent and certified hypnotherapist, because there are dangers to this practice if done by amateurs or untrained persons.

How Good a Prophet Was Nostradamus?

Golda May Gabriel and Brennan Eul Mercado, both high school students from the same school in Cagayan de Oro sent me urgent e-mails asking about Nostradamus because of a term paper they've been asked to submit on his life and works. Apparently they can't find information on Nostradamus in their library.

Nostradamus has again become popular these days because of the new millennium. At the end of every century, there is always a high demand for his prophecies. I understand that in Japan, there are at least a dozen new translations of Nostradamus' works and they sell very briskly.

Let's take a closer look at this man and his prophecies, in reply to the specific questions submitted by these two students:

1. Who was Nostradamus? His real name was Michel de Nostredame. He was born in 1503 in St. Remy, France and died in 1566. His grandfather was Jewish, but by the time Michel was nine, the family had converted to Christianity. Nostradamus studied Hebrew, Latin, Greek, mathematics, medicine and astrology. He became a successful and popular doctor working among the victims of the plague which afflicted France.

By the 1540s reports of Nostradamus' prophetic powers were already circulating in France. From 1551 onwards he produced annual *Almanacks and Prognostications*. In 1551 Nostradamus published the first part of his major work. *The Prophecies of Mr. Michael Nostradamus* in French. This work, completed in 1568, is generally known as *Centuries* because it is divided into ten sections each containing 100 predictions.



NOSTRADAMUS

The *Centuries* were written in four-line rhymes of obscure and symbolic language to hide their true meanings from the church which had by that time established the Holy Inquisition to investigate suspected witches. Because of such obscure language, the prophecies of Nostradamus, like the Bible, is subject to many different interpretations.

The works of Nostradamus were later on condemned by the Papal Court because he was suspected of being in league with the devil and his books were placed in the Index of Forbidden Books in 1781. Despite such condemnation and prohibition the *Centuries* has remained popular and in print for 400 years.

During World War II, the prophecies of Nostradamus were used for propaganda purposes by both warring camps. The Nazis dropped copies of the predictions over France, a move that was calculated to demoralize the people, and the Allies retaliated by spreading their own version of Nostradamus against the German towns.

2. How accurate were Nostradamus' predictions and how many of his predictions came true? Some writers and commentators say that he is very accurate in predicting major world events spanning several centuries, but critics, on the other hand, claim that it is difficult to pinpoint with great clarity whether Nostradamus really referred to those events because this prophecies were often very obscure and couched in symbols.

According to his followers, Nostradamus accurately foresaw the death of King Charles I, the rise of Napoleon and Hitler, the atom bomb attacks of Hiroshima and Nagasaki, the abdication of King Edward VIII and the deaths of John and Robert Kennedy. It is said that he also predicted a third world war which will be started by China. Since this has not happened yet, we don't know how accurate this prediction is.

3. How did Nostradamus make his predictions? At midnight he goes up to his secret study room alone, sits before a three-legged brass stool, lays down his laurel wand between his legs and sprinkles the hem of his robe and feet with water. Then he places a bowl of water on the stool, and peers silently into the liquid. After a while, the power "speaks" to him, and he is divinely possessed. The water first becomes cloudy and soon he sees visions of the future—pictures of war, famine, earthquake,

fire and disaster. In that trance state he travels far into the future, and sees things with great clarity. He then writes down what he sees in a thick book. His activity lasts till dawn. With the first light he awakens and sees and hears no more. He leans back in his chair exhausted. Downstairs his wife will soon prepare breakfast. In a little while, he will join her, eat with her and tell her of the revelations he has seen. Then he will rest until it is time for his labors of divination to start again the following midnight.

Such was the routine that Nostradamus followed for many an evening. I believe that Nostradamus had the natural capacity to put himself in a state where he was able to communicate with higher levels of reality with great awareness. He needed no artificial means to induce a trance state.

4. What was he before he made his predictions? He was a scholar, a teacher, a doctor of medicine and an astrologer.

5. Is he considered a prophet? Yes, one of the best, if not the best, who has ever lived. His prophecies span several hundred years into the future.

6. Are his prophecies accepted or honored by the Catholic Church? Obviously not, for the church condemned his works.

7. Is he satanic? Was Jesus Christ satanic because he also predicted the future, read men's minds, materialized bread and fish, walked on water and revived the dead? Was Daniel satanic because he interpreted correctly the king's dreams and foretold what would happen to the kingdom? Why do we always consider people with highly developed psychic and prophetic powers satanic? Can't the followers of God do the same thing? Couldn't it be that these people are beloved of God and that he has given them powers to see the future like Christ had? As Nostradamus himself said, "Only a person divinely inspired can make such accurate prophecies of specific events."

8. What language did he use in his quatrains? A noted scholar and a genius, Nostradamus wrote his verses in a mixture of puns, anagrams, French, Latin and a language of his own making. He purposely wrote in a obscure language to escape the wrath of the church.

9. Were his quatrains published right away? How did he inform the public about his predictions? His work was not published right away and not all at once. He dedicated his *Centuries* to his son to serve as a memorial for the common benefit of mankind concerning things that were revealed to him by the "Divine Essence." The *Centuries* was first published in Lyons, France in March 1555. This was called *Almanacks and Prognostications* and was published annually.

10. Can you give us a list of references regarding Nostradamus? One of the most popular modern translations and commentaries on Nostradamus' works is a book entitled *The Man Who Saw Tomorrow* by Erika Cheetam. The book was even made into a feature film of the same title. My main reference material for this article is the book *Signs of Things to Come* by Angus Hall. It is one of a collection of books on the supernatural published by the Danbury Press, a division of Grolier Enterprises Inc. There are several other books I've seen in the bookstores in Metro Manila but I can't remember their titles.

Several years ago, there was one local writer who said that certain lines in Nostradamus' prophecies refer to major events in the Philippines. Would you believe that? Maybe we can also find things that happened in Guam or in Ryukyu Islands! So much for Nostradamus' commentators. Let's read what the prophet himself wrote.

Can a Predicted Event Be Avoided?

Reader Domingo B. Ba-ad Jr. of Davao City wrote in to say that he finds this column enlightening and time-saving. "Spiritual or esoteric matters that have been taken up," he says, are defined in summary form. You have so far provided the connecting link between the explainable and the unexplainable."

Mr. Ba-ad Jr. then went on to ask for clarification on several "confusing" aspects of certain esoteric and mystical teachings. Here are his questions and my comments:

Reality as I understand it exists in several vibratory levels or planes—the spiritual, astral, mental, etheric and physical. The mental and physical states are quite understandable, but I am a little confused about the spiritual, astral and etheric aspects. Can these three be simply lumped up as a person's aura or energy body, or just energy, or are they quite distinct from each other but closely related?

The spiritual, astral and etheric aspects of man are not the same as the person's aura, although these may be read or gleaned from a man's aura. These three are separate and distinct levels of reality which exist simultaneously in man. However, since we are focused mainly on the physical and mental aspects, we find it difficult to experience the higher levels of our being.

The spiritual aspects of man go beyond the merely mental, although, of course, once you try to analyze or understand them, you can do so only from the mental level. But there is surely a reality beyond what our minds can grasp. That's why mystics of all religions who are in contact with a higher form of reality have difficulty explaining what they see to the theologians and philosophers who live only in the mental plane. Experiences that have been variously described as cosmic consciousness, *satori*, or *samadhi*, go beyond anything the mind can ever conceive.

As to predictions, prophecy or foretelling the future, there seems to be an alternative state wherein an event may manifest itself on the physical plane. For example, a dire prediction may be prevented by prayers. Is this in any way related to the concept that opposing forces or processes are just two different manifestations of the same reality?

What is confusing here, however, is that for a prediction to be true, it must already exist in a higher reality level. If we tune in to the mental level, then it exists (on that level), but does it mean that it will just manifest itself on the physical or material level? Would it therefore depend on the circumstances, or be subject to the collective or individual's decision and belief coinciding with the Creator's master plan or universal law?

Clarification on the above queries would, I think, contribute more to the spiritual growth of all.

I cannot be categorically definite in my reply here, but as I understand and believe it at this point, predicted events will manifest in physical reality if all the elements necessary for their manifestation are present, including the subjective will of man. However, future events that primarily depend only on one individual's will can be changed and may not manifest in physical reality. For example, a clairvoyant may predict that a son who ran away from home will return in two weeks' time. Perhaps, at the time the clairvoyant tuned in to that person, he had intended to come back in two weeks' time. But he may change his mind after that.

There are future events, however, that are inevitable, because the process is already decided and complete even on the higher planes of existence. Therefore, they can no longer be changed. They are no longer subject to man's will, but to God's.

For example, when the late American psychic Edgar Cayce was waiting for the elevator door of a building to open, he saw several persons inside, but instead of entering it, he stepped back and the elevator car snapped loose and plunged everybody in it to their deaths. When Edgar Cayce was asked how he knew the elevator would crash, he said that when he saw the people inside that elevator, they had no more aura. In other words, they were already dead at that time and there was nothing he could have done about it. The process was already complete. Could he not have warned them? No, because they would not have believed

it, anyway. There is such a thing as universal law, the law of karma, which is the law of God.

Can a predicted event then be avoided through prayers? The answer obviously is: It depends! So it's worth trying.

Why Does Déjà vu Happen?

V. Austria of Pateros asks why déjà vu happens.

Déjà vu, the feeling that you have already experienced a particular event or place you are in, may be due to any of the following causes:

First you may have had a precognitive dream, that is, a dream of a future event. Since you are not familiar with it, you have forgotten it. Then when you are in the same situation that you dreamt of, you realize you've seen the same scenario before. That's because you had dreamt it.

Second, you may have had a clairvoyant vision of a future event while awake, but since it is not recognizable to you, you soon forget it, but when the future event happens, you remember having seen it before because you actually did, but only in your mind.

The third possible reason for a déjà vu experience is reincarnation. You may have lived in the same place you have just visited and therefore it looks familiar to you now, although you never saw it before in this lifetime. Your soul memory was stirred and you remember every nook and cranny of the place. This has happened to many people before, including myself. I was in Grenoble, France when I remembered a bridge which I described to my host in great detail to her amazement. I found out I had lived in France in one of my many past lives.

She further asks, "What happens when you get out of your body and you are not able to come back, or when you come back and the astral body does not fit your physical body because of outside disturbances?"

When you get out of your body, either in the waking or sleeping state, you will always come back. In fact your greatest problem when you are out of your body is how to stay out, not how to come back. As long as you have no fear or negative emotions, nothing bad will happen to you. If somebody shakes your body when you are out in your astral body, you will shoot back to your body with a headache or feeling of nausea and nothing more. Astral projection is a normal and natural process and many people do this without being aware of it.

"What is the difference between possession and reincarnation?" Ms. Juliene Suarez, another reader, asks.

Possession is like sexual harassment. It is an unwelcome invasion of one's body by another entity. It is always a negative thing. Reincarnation on the other hand is entirely different. A spirit occupies the physical body (a fetus) that has been prepared for it for one lifetime. In effect the spirit chooses the type of body it will occupy in a given lifetime. There is no invasion of privacy or forcing through unlike in possession. If one is possessed, an exorcist can usually drive away the invading entity. In reincarnation, you are the spirit entitled to that particular body which you will use throughout the life span of that body in one given incarnation. It is your vehicle for functioning well on the physical plane.

Is Psychic Research Demonic?

Norma S., a graduate of the mind development seminar that I conduct, told me that a group of ladies in their Makati neighborhood, all members of the Catholic Women's League (CWL), requested her to speak to them about ESP and the seminar she attended. When she mentioned that they should instead invite me to address their group, the CWL ladies were reported to have remarked, "But isn't what he is doing demonic?"

This was the first time I've heard that description applied to me or my work and I certainly hope it is not a prevalent view. For the assurance of those CWL members and others who may harbor the same misconception, allow me to repeat here what I told Norma regarding my work and my beliefs.

First, I am engaged in an objective, systematic and rational investigation and documentation of paranormal or psychic phenomena in the Philippines, initially as a hobby and later as a profession. I am not at all involved in any religious or semi-religious activity. Neither am I a member of any psychic, occult or mystical group.

Second, I am not interested in converting people to my point of view. In the first place, there is nothing to be converted to. I merely wish to share the fruits of my research on such phenomena with those interested and they may accept or reject anything I say about these matters.

Third, it may come as a relief to those who have a mistaken notion about me that I sincerely and honestly believe in God and also in Jesus Christ. In fact, I regularly read the Christian Bible (in its several versions). But I also read the Bhagavad Gita and the Upanishads of the Hindus, the Holy Koran of the Muslims and the teachings of the Buddha. Reading the bibles of other religions makes me tolerant of other's beliefs and less dogmatic about my own. Perhaps I only differ with the Christian majority in my definition of the godhood. I believe that all religions are good, and it matters little to me which religion a person belongs to.

What we desperately need most in this country is greater tolerance for religious beliefs other than our own.

It may also surprise readers to know that Pope John Paul II himself believes in psychic research and does not think it demonic. At the Vatican in 1986, the Pope greeted our group of researchers who just finished a conference in Milan and said, "We would like to welcome here the group of psychotronic researchers, for they are also doing their part to help humanity." If the Pope himself could say that publicly about psychic research, how can a group of Catholic women say otherwise?

Is Time Travel Possible?

A man who did not identify himself left a very intriguing question in my answering machine: "Can man really travel back in time? If so, then we can change the future! Please give your comment on this. Thank you."

I, too, have wondered about this question. And so did Einstein. According to Einstein's theory of relativity, it is theoretically possible to travel back in time, if man can develop a machine that can travel faster than light. An old man traveling faster than light can come back to earth younger than his son.

Such ideas as time travel are found mainly in science fiction stories. But this is no science fiction. Time travel is indeed possible and there are several documented cases of such things happening in actual fact. The idea of time travel in modern times was popularized by a fantasy movie starring Christopher Reeve and Jane Seymour, entitled *Somewhere in Time*. In that story, Christopher Reeve saw a portrait of a beautiful film star who lived in a previous era. Using a meditation and visualization method he succeeded in transporting himself to that era when the film star was at the height of her career. A modern coin he had accidentally brought into the past reminded him that he was in a past era and this realization brought him back immediately to the present.

Now that story is fiction, but the following are not. They actually happened:

1. A group of flight attendants of PAL took a taxi in London and stayed in an inn that got burned four years before they arrived there. But that inn was as real as any building. They found that inn no longer there when they visited it a couple of months later.

2. Two American women went to Acapulco on the way to Mexico City. They took a taxi to a quaint old hotel which scared the hell out of them because of the presence of a ghost. When they went back to that hotel four weeks later, they were told no such hotel ever existed on that street.

But the most dramatic story of time travel which has been documented by the British Psychical Research Society covered the case of two Oxford professors, Anne Moberly and Eleanor Jourdain. The story, which took place on August 10, 1901, is retold by Michael Talbot in his book, *The Holographic Universe*. Here's the story:

The two were walking through the garden of the Petit Trianon at Versailles (France) when they saw shimmering effects like those in a movie when it changes from one scene to another. After the shimmering passed, they noticed that the landscape had changed. Suddenly the people around them were wearing eighteenth century costumes and wigs and were behaving in an agitated manner. As the two women stood dumb-founded, a repulsive man with a pockmarked face approached and urged them to change their direction. They followed him past a line of trees to a garden where they heard strains of music floating through the air and saw an aristocratic lady painting a watercolor.

Eventually the vision vanished and the landscape returned to normal, but the transformation had been so dramatic that when the women looked behind them they realized the path they had just walked down was now blocked by an old stone wall. When they returned to England, they searched through historical records and concluded that they had been transported back in time to the day in which the sacking of Versailles took place—which accounted for the agitated manner of the people in the garden—and the woman in the garden was none other than Marie Antoinette. So vivid was the experience that the women filled a book-length manuscript about the occurrence and presented it to the British Society for Psychical Research.

Now the crucial question of my caller—if this is true, that we can travel back in time, can we then change the future? The answer, apparently, is no, if we base it purely on this and similar cases. For it was reported by the two women, as mentioned in other books, that when they tried to call the attention of the people they had seen there, they were completely ignored. It was as if they were not there at all! Except for that one person who asked them to change their direction no one

seemed to noticed them. The scene they were transported to took place a hundred years before!

There were several other cases of time travel cited by Mr. Talbot in his book. In the end he asked the following question:

Is the boundary between the present and the past so flimsy that we can, under the right circumstances, stroll back into the past with the same ease that we can stroll through a garden? At present we simply do not know, but in a world that is comprised less of solid objects traveling in space and time, and more ghostly holograms of energy sustained by processes that are at least partially connected to human consciousness, such events may not be as impossible as they appear.

We live in a multidimensional reality. As we are here focused on our present physical reality other aspects of our being are simultaneously existing at other times and in other dimensions. Past, present, future are mere concepts we have devised to make sense of our physical universe. On the spiritual plane, there is only the eternal now. Sometimes we can have glimpses of this eternal now. And thus travel through time, literally speaking.

Psychic Perception or Hallucination?



One of the most common questions people ask of me is this: "How do I know if some thing I am seeing or hearing but that others do not see or hear is real or just a product of my imagination?"

Remember the case of that nine-year-old boy in the movie *Sixth Sense*? He kept seeing dead people everywhere he went. Well, there are real people here in the Philippines who have this ability or power. Only they consider it not a gift but a curse. Often, such people ask me if there is a way to stop them from seeing ghosts.

To them their psychic ability is a burden. They think they are going crazy. They are afraid to talk about their ability for fear that they may be regarded as insane.

Because orthodox science and religion say there is no such thing as a ghost, to see one is considered a mere hallucination. But there is a big difference between a hallucination and a real psychic perception. The most fundamental difference is this: A hallucination is a mental illness; what is seen is not real. A psychic perception is the product of a normal mind; what is perceived is real and can be verified independently.

Sometimes, however, the distinction becomes blurred and that's where the problem begins. Without objective verification, or somebody else independently confirming what one is seeing or hearing, it is not always possible to tell whether one is hallucinating and going out of his mind, or is merely psychic.

There is one particular psychological problem which has been brought to my attention that can invariably be regarded as pathological or psychiatric when it appears. This is when a patient complains of his neighbors hearing his thoughts and always talking about him and following his activities. In the mind of the patient, no secret can be kept from such people. He wonders how "they" know what he is doing alone in the privacy of his own room.

About five separate cases have been brought to my attention by relatives because the patients believe they must be psychic. The first time somebody brought to me such a problem, I also thought the person was psychic, until I started asking very detailed questions what was being said, and when and how it happens. Then all logic broke down. Certain paranoid tendencies began to emerge.

Often these people insist on talking only to me, not to a psychiatrist, because they believe it is only I who can understand them. They feel their neighbors are using telepathy on them. In all these cases, I asked the relatives to refer the patient to a competent psychiatrist, because this is clearly not within my field of expertise. I deal with normal people with paranormal experiences, not with pathological persons with seemingly paranormal experiences.

Psychic perception is a normal faculty of our inner senses. Hallucination or paranoia is a mental aberration or illness. Since Western psychiatry does not have any means of making a distinction between the two, then psychiatrists and parapsychologists should help one another in dealing with patients with this problem. Already, several cases of strange symptoms caused by spirit possession have been referred to me by doctors who could not find any medical explanation for them. And we have been able to help these patients.

How Does the Pendulum Work?

Reader Avel Cabasag of Gamalinda Shop, Dipolog City, has requested for instructions on how to make and use the pendulum. Here's a summary taken mainly from the book *Pendulum Power* by Greg Nielsen and Joseph Polansky:

1. Almost any object can be made into a pendulum, such as a finger ring, wood, the nut of a bolt, a plumber's washer, a pencil, a rock a piece of crystal or metal, or a small empty bullet. For a string, you can use a piece of ordinary sewing thread or nylon fishing line six to eight inches in length.
2. The next step is to know the direction of the pendulum for a "yes" or a "no" answer. One way is to ask the pendulum which movement is for "yes" and which movement is for "no." Another method is to direct the pendulum to the movement you want by mental programming. This is the method used by Nielsen and Polansky, which is described below.
3. Draw a vertical arrow, a horizontal arrow, a clockwise circle and a counterclockwise circle on a piece of blank paper. Hold your pendulum with your index finger and thumb over each drawing.
4. Now look at the pendulum and command it to move up and down the vertical arrow. Do not move it with your finger or hand but use only the power of your mind and will.



5. Now hold the pendulum over the horizontal arrow. Again look at the pendulum and with the power of your mind, direct it to move in the direction of the horizontal arrow.
6. Repeat the procedure for the clockwise and then counterclockwise circles.
7. Once the ability is established in yourself, make the pendulum move in a clockwise direction while holding it over the clockwise circle. As the pendulum is gyrating, order your subconscious aloud and say: "When I ask a question and the answer is yes, you will make the pendulum move clockwise." Or say, "This clockwise motion means yes."
8. Now hold the pendulum over the counter-clockwise circle and with your mind make it move in the same direction as the circle. As it gyrates, say to your subconscious, "When I ask a question and the answer is no, you will make the pendulum move in a counterclockwise direction." Or you can say, "This movement means no."
9. Repeat this programming once a day for a week. This will ensure that your suggestions to your subconscious will take hold.

Once your subconscious has been programmed, you can now use the pendulum for practical purposes. Before doing so, here are some useful tips:

1. The pendulum will respond only to questions that can be answered by either yes or no. So the phrasing of your question is very important. Do not ask it questions like, "Why didn't my girlfriend call me yesterday?"
2. As a fortune-telling device, it has very limited use or reliability. The pendulum is most reliable when answering questions of fact. For instance, "Is there water under this spot?" or "Do I have a kidney infection or problem?"

3. When using the pendulum, your mind and emotions must be in a neutral state. The attainment of this state is perhaps the most difficult part in mastering the use of the pendulum. If you are upset or nervous, or anxious, you cannot expect the pendulum to give you a reliable answer.
4. Do not cross your hands or legs when using the pendulum. Remember the pendulum works on electromagnetic principles.
5. You must be aware of the precise meaning of the questions you are asking. Keep your questions as specific and concrete as possible. Avoid using general or abstract ideas.
6. When making a reading be sure you are not around too many electrical appliances. As much as possible remove metallic objects such as bracelets or watches from your body and hands.

Some of the uses to which the pendulum has been successfully put are finding lost objects, missing persons and even underground materials. It has also been effective in making health diagnoses, determining whether the food you are about to eat is spoiled or not, determining the sex of an unborn child, knowing the safety combination of an attaché case, and even choosing the right color to wear for the day. It has also been helpful in choosing the right medicine to take or the best gem stone to use. One graduate used it in the stock market and made money on it. The many ways to which the pendulum can be put to use is limited only by one's imagination. But as in any skill, the use of the pendulum requires constant practice to be reliable. Used properly, and with a certain degree of wisdom, it can pay you great dividends. But be careful when using the pendulum for prediction purposes. Establish your confidence level first before embarking on this application.

How Far Can Telepathy Reach?

A reader from Zambales, who referred to herself as "Unknown Taurus," writes:

Ever since I read your column on ESP and telepathy, I've been trying to learn it following your guide.

My questions are: 1) Can ESP or telepathy reach people in faraway places? How far can it reach? 2) Sometimes I dream about people and places and without thinking about these dreams, the person will just come, or I will see the place as if I've been there before. One afternoon, I was very sleepy, then I distinctly heard a voice speaking a message, as if the person was actually there. It made me fully awake. Since then I've been asking myself if I'm capable of transmitting and receiving messages through telepathy. 3) Can you recommend a book about ESP and telepathy?

Of all ESP or psychic abilities of man telepathy is the most common and most easily demonstrated. There are numerous examples of telepathic communications on record around the world. The most frequent occurrences of telepathic contacts are between mother and child, twins, husbands and wives and close friends. But it also occurs even if two people are totally unrelated to each other.

How far can telepathy reach? The answer here is its scope is "limitless," for telepathy is not bounded by time or space. Experiments conducted by the psychic and author, Harold Sherman, confirm this. He communicated telepathically with a friend on the other side of the globe. The message was received accurately.

Another experiment was conducted by the astronaut, Edgar Mitchell. When he was in outer space bound for the moon, he transmitted a telepathic signal to three individuals back on earth. When verified, the message was received correctly by them. One of those who received the message sent by Edgar Mitchell from space was the Swedish psychic, Olof Jonsson. I personally met Jonsson and he confirmed to me that the story is true. Telepathy therefore knows no bounds.

It is quite clear from the incidents you've related in your letter that you are quite psychic and you should try to develop this ability and put it under control. You should remember the conditions under which you receive the messages. For instance, are you relaxed, at peace, sleepy, or daydreaming when it happens? On such occasions your brain is functioning at a lower brain wave level than usual. All you have to do then is to put yourself in the same condition and you'll get a telepathic message by tuning in to the person you want to reach or receive a message from.

As to the mechanics of telepathy please refer to the next topic. I recommend you read the books on ESP based on the Edgar Cayce readings. They are excellent because they are well-balanced and do not neglect the spiritual side of these powers. The books written by Harold Sherman and Ingo Swann on ESP are also very good.

How to do telepathy

"There is no doubt," says famed biologist Dr. Lyall Watson in his latest book *Beyond Supernature*, "that we possess an astonishing awareness which can, under certain conditions, stretch the known bounds of our five recognized senses to extra-ordinary limits."

Telepathy, the ability to send and receive thoughts to and from another person's mind, is one manifestation of this awareness. As Carl Jung said, "the authenticity of this phenomenon can no longer be disputed today." Indeed, of all psychic or ESP abilities in man, telepathy is perhaps the most common and most easily demonstrated.

In my Basic ESP Development seminar, for instance, I ask participants to pair off with another person of their choice. Partner A will then be asked to draw something on a piece of paper and will transmit the drawing telepathically to Partner B. Partner B then tries to receive the message and draws on paper what Partner A has transmitted to him. About seventy to eighty percent of the class are able to get the message and to draw a similar picture—whether in part or as a general idea—to that which his partner has drawn. But when two drawings exactly match each other, it is a remarkable demonstration of telepathy between two people.

Most people think that telepathy is done by concentrating on the person you want to communicate with and keeping that image in mind. Actually the transmission of the message takes place when you are not thinking of it, while the message is still held in your mind.

Following is the step-by-step procedure in sending a telepathic message.

1. Suppose you want your neighbor to pay you the P1,000 he owed you last year, but you are embarrassed to collect from him. The first step is to formulate this message clearly in your mind.
2. Then slow down the rhythm of your brain, or go into an altered state of consciousness (the alpha level) by slow rhythmic breathing until you are completely relaxed.
3. In that highly relaxed state of mind, visualize your neighbor handing to you P1,000 or writing out a check for P1,000. This must be done in complete detail to be effective.

At this point, you are not yet transmitting the message because it is still held in your mind. To transmit the message, let your mind go blank for a few seconds. This releases the thought and it is immediately received in the subconscious level of the mind of your neighbor.

4. Then repeat the visualization of your neighbor paying you the P1,000 to reinforce the message. You must have confidence all throughout the exercise that it will work and that the message will be received by your neighbor and it will be so. Then release the image. Repeat this cycle several times.

How about receiving telepathic signals? How do you do this? Follow these steps:

1. Be aware of how you react to or receive psychic messages. Some will see them visually, like a flash; others may hear a sound or the voice of the person transmitting the message; still others may smell something associated with that person, e.g., his perfume, cigarette smoke, even body odor.

2. Once you become aware of how psychic impressions come to you, or which senses are activated in you, then you will know whenever somebody is sending you a telepathic message. Be aware of certain symbols associated with the message.
3. Sometimes you may receive the telepathic message in dreams, when your logical and analytical left brain is asleep. Learn the symbolisms of your own dreams by keeping a dream journal.
4. Pay attention to possible telepathic signals being directed at you and do not ignore them just because they seem unlikely or impossible.

If you want to know what another person is thinking, simply merge yourself entirely with that person and watch your feelings or mental images as you are inside that person. Whatever comes to your mind or whatever you feel at that precise moment is what your subject is thinking of at that moment.

Try the above procedures a few times and do not give up at the first sign of failure on the first attempt. Keep practicing and it will work for you sooner or later. Write to me about whatever experiences you may have with the above techniques.

Unconscious telepathic messages

Here is a letter from a reader who calls herself "Puzzled:"

Every time my husband's relative is about to come visit, I would already feel he would be arriving. He would just enter my mind and I would see his face clearly. Sometimes I would even hear his voice or see him in my dream. As you said in your book these are signs of telepathic messages. No matter how busy I am, I cannot control my mind. And worse, every time this happened I would feel so weak I would have to go to bed.

In your book you said telepathic communication can occur between two unrelated individuals. Is it possible I am receiving the message even though he is not intentionally sending me a signal, because I am a good telepathic receiver, or is he really sending these messages telepathically?

I do not feel this way when I pick up telepathic messages from close friends and relatives, only with this particular person.

This has been happening since 1992. I have to admit I am mentally and physically disturbed. I even told this particular person about it but he could not give an explanation, until I came across your column in the *Inquirer* which made me write to you.

What you have been experiencing is perfectly natural for someone who is a psychic or who is sensitive to psychic energy.

You are merely picking up that person's psychic energy. He does not have to consciously send you a telepathic message for you to pick it up. What is happening between you is most likely taking place on a subconscious level. That's why both of you are not aware of it on a conscious level. Remember that we live in a multidimensional reality. Simultaneous things are going on among our various levels of being that we are not usually conscious of.

I suspect that the reason you feel weak whenever this happens is that you probably have a subconscious feeling of guilt about the whole thing. There is, therefore, a struggle within you causing this adverse physical reaction. It is like having stress. You don't feel this weakness when it happens with other people maybe because there is no feeling of guilt with them.

Relax! There's absolutely nothing to feel guilty about. Psychics pick up psychic signals everywhere. Just enjoy the phenomenon. You don't have to do anything about it—unless you want to.

What Makes Prayer Work?

Most people pray, not only priests and religious individuals. Ordinary people, as well as politicians, criminals, prostitutes and sorcerers also pray.

Poor people pray for money, politicians for votes, prostitutes for wealthy customers, criminals for protection from the police and sorcerers for the success of their evil intents.

Everybody is praying for something they want or need. But not all prayers are granted. If I were God, I would probably wear ear plugs so I won't hear all the billions of prayers ringing into my ears every second!

How does God choose which prayer to answer and which one to junk? Does he throw a heavenly coin or die to make up his mind? Or is this already decided beforehand, from the beginning of time?

I've always been intrigued by the power of prayer to get what we want in life, to change a physical condition, be it health, wealth, or relationship.

What I know is that there are prayers that work and those that don't. What makes the difference is the subject of this article.

The Ones that Worked

In September 1995, my long-time friend and soul sister, Cory Quirino, was kidnapped by hardened and merciless criminals in Lake Caliraya. Her driver was shot at close range on the head but miraculously survived. Cory was brought to far-flung places and held captive for twenty-one agonizing hours, her fate completely at the mercy of a murderous gang.

Cory never lost her cool through out her ordeal. She somehow knew she would survive this greatest challenge in her life. In those dark hours of great uncertainty, she closed her eyes and saw in her vision the blood of Christ. She uttered a prayer: "Blood of Christ, cover me and deliver

me from danger." She kept repeating this prayer a countless number of times.

Miraculously, she was rescued by elements of the PNP in Calauag, Quezon. Five of her kidnappers, led by a criminal with a big prize on his head, were arrested and sentenced to death in 1998. Since then, Cory has made a lifetime commitment to the Blood of Christ.

Another powerful prayer that worked is the Prayer of Jabez. Jabez is a character in the Old Testament and is briefly described in Chronicles as "a man more honorable than his brothers." His mother named him Jabez, which literally means "he will cause pain," because his birth was so painful.

What makes Jabez stand out is his prayer, which was granted by God, while the others were not. It is actually a very simple petition, but "a daring prayer that God always answers," says Bruce Wilkinson who wrote a small book, *The Prayer of Jabez*, which became a best seller. "It is brief, only one sentence with four parts and tucked away in the Bible," continues Wilkinson, "but I believe it contains the key to a life of extraordinary favor with God."

Here then is the powerful prayer of Jabez which God granted:

"Oh, that you would bless me indeed, and enlarge my territory, that your hand would be with me, and that you would keep me from evil, that I may not cause pain!"

Try it and see what happens. According to the publisher, "The prayer of Jabez has already changed thousands of lives." It has been regularly receiving testimonials from people who have obtained results with it.

Most prayers ask God for something tangible or material. Even the Lord's prayer asks God to "give us our daily bread" (nothing wrong with that because it's really basic, but that started a trend that tended to be abused). People began to expect God to do all the work while they only wait. That misses the other essential element that makes a prayer effective our part in it.

To make a prayer bring you the result you want, you must first of all really have a strong desire for that which you are praying for; secondly, you must believe in the prayer; and thirdly, you must anticipate or expect that the results will surely follow as a necessary consequence of the prayer. Let no doubt enter your mind that your prayer will be answered.

Otherwise, if you have even a slight doubt, it will not materialize. Your mind plays as much of a role in the efficacy of a prayer, as God's grace or mercy.

The prayer of Cory and the prayer of Jabez worked because they both had purity of intention and they were both honorable in the eyes of God.

For Clarity of Vision and an Open Mind

Since we are on the subject of prayer, I would like to share this brief prayer given to us by Ang Suh, a high spirit from the upper fifth dimension. It does not ask God for any material thing but for clarity of vision, an open mind and sharpness of hearing:

"Oh, heavenly Father, in your abode all is crystal clear. Grant us the clarity of vision to see with an open mind, the sharpness of auditory activity to hear with our hearts, and the openness of speech with a Golden Voice to express the truth.

"This we ask tonight and in the coming days of our journey to perfection. Amen."



When one is so far advanced that every shadow and every echo has disappeared, so that one is entirely quiet and firm, this is refuge within the cave of energy, where all that is miraculous returns to its roots. One does not alter the place, but the place divides itself. This is incorporeal space where a thousand and ten thousand places are one place. One does not alter the time, but the time divides itself. This is immeasurable time when all the aeons are like a moment. (The Secret of the Golden Flower, trans. by Richard Wilhelm)

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About the Author

Jaime T. Licauco is a big enigma. He completely defies any single label or classification. Depending on who you talk to, he is regarded either as a great teacher and educator, an accomplished writer and author, an internationally known lecturer, a psychic, a parapsychologist, holistic healer, a radio broadcaster, a newspaper columnist, a management consultant, a trance medium or channel of spirits, an innovator and pioneer, a dream analyst, a counselor, a humorist, a scholar, a world traveler or a Renaissance man. To his detractors, he is a charlatan, a con man, a spiritist, or a disciple of the devil, if not the devil himself.

His academic and professional backgrounds, however, are excellent: A consistent honors student in high school, a *magna cum laude* graduate in college (both in San Beda College run by Benedictine monks) and holder of a Master's degree in Business Management (MBM) from the Asian Institute of Management (AIM) as a scholar. He has had twenty-five years of middle and upper business management experience in ten different corporations mostly in the areas of human resource, management training and development and consultancy.

He taught English, Philosophy, Christian Ethics and Sociology at San Beda College; Parapsychology at De La Salle University, and Intuitive Decision Making, Creativity, Remote Viewing and Telepathy in the postgraduate level at AIM.

He has authored twelve best-selling books, plus three pamphlets, and is co-author of a book on intuition published in San Francisco, California. Two of his books were published by De La Salle University, a Catholic school. He is a much sought-after speaker and lecturer both locally and internationally. He currently writes a weekly column "Inner Awareness" in the *Philippine Daily Inquirer*, anchors a weekly educational radio program over DZMM, conducts regular seminars on Inner Mind Development, ESP and Higher Awareness and lectures extensively to different organizations.

In 2001, during the 100th year anniversary of San Beda College, Jaime T. Licauco was named one of the "Bedans of the Century" awardees. In February 2003, the Catholic Bishops Conference of the Philippines, declared him "the foremost proponent of New Age Movement" in the Philippines.

His works and accomplishments have been hailed by two prestigious Catholic schools of higher learning and he counts dozens of Catholic priests and nuns among the grateful graduates of his world-class seminars and courses.

Born in Manila on July 25, 1940, Mr. Licauco is married to the former Yolanda Campos, by whom he has three children. They live in Parañaque City, Metro Manila. Mr. Licauco is a direct blood descendant (great-great grandson) of the illustrious 19th century Filipino painter, Damian Domingo. He may be reached at Room 308 Prince Plaza I, 106 Legaspi St., Greenbelt, Makati City, with tel. nos. 892-68-06, or 810-72-45, e-mail address : jlicauco@edsamail.com.ph